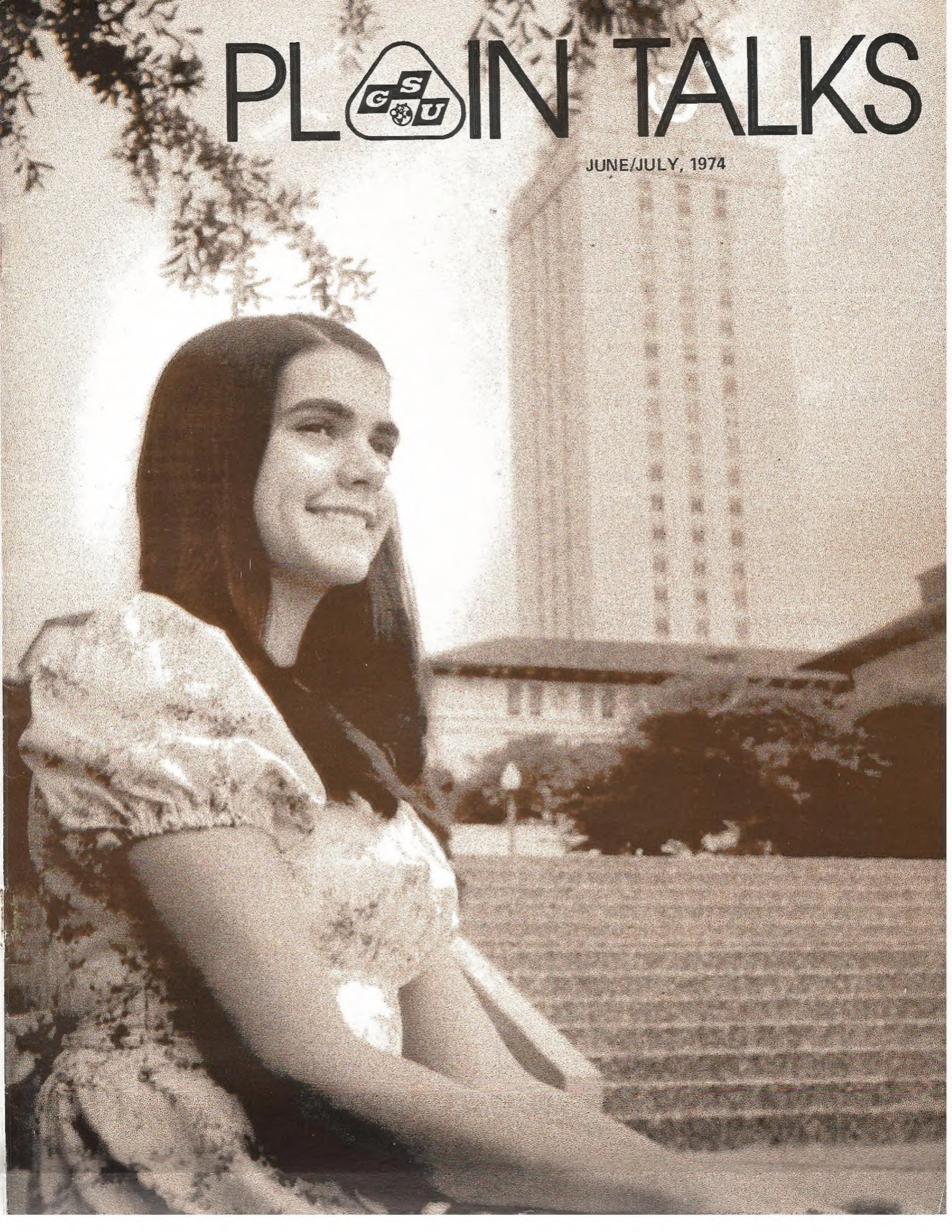


PLAIN TALKS

JUNE/JULY, 1974



Opinion

The following is an editorial opinion by the Vice-President and General Manager of KLCL Radio, Jim Toth, Lake Charles.

It's very comforting to know that a public utility such as Gulf States is so far-sighted for present needs as well as in their long-range plans. Gulf States is a very important catalyst in attracting new industry to the rich Gulf Coast. Their supply capabilities must be constantly increased in order to meet current as well as future demands. In line with this planning, Gulf States is starting construction of Louisiana's first coal-fired electric generating plant at Westlake's Roy Nelson Station. Floyd Smith, chairman of the board of Gulf States, made the announcement at a recent reception for Gov. Edwards and other state and local officials. Here's another boost for our local company. Fifteen hundred construction employees will be working when building reaches its peak on the 54-month multi-million dollar project. All ecology and pollution controls will meet federal and state standards. All in all, KLCL would like to commend Gulf States Utilities for their aggressive and positive approach in meeting the increased demand for electrical energy. With a "heavyweight" such as Gulf States in our corner, southwest Louisiana can only come out a winner in the economic fight for years to come.

Thank you for your interest.

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PLAIN TALKS

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About The Cover . . .

Mary Roby, daughter of Stan Roby, system engineering, Beaumont, was selected as one of the 36 outstanding science students and teachers in the Beaumont, Port Arthur and Western Divisions to attend the 14th Annual Nuclear Science Symposium at the University of Texas in Austin. Our Company, as a member of the Texas Atomic Energy Research Foundation, sponsored Miss Roby at the symposium where she was exposed to the latest research and development techniques in nuclear power and fusion currently underway in Texas and the nation.

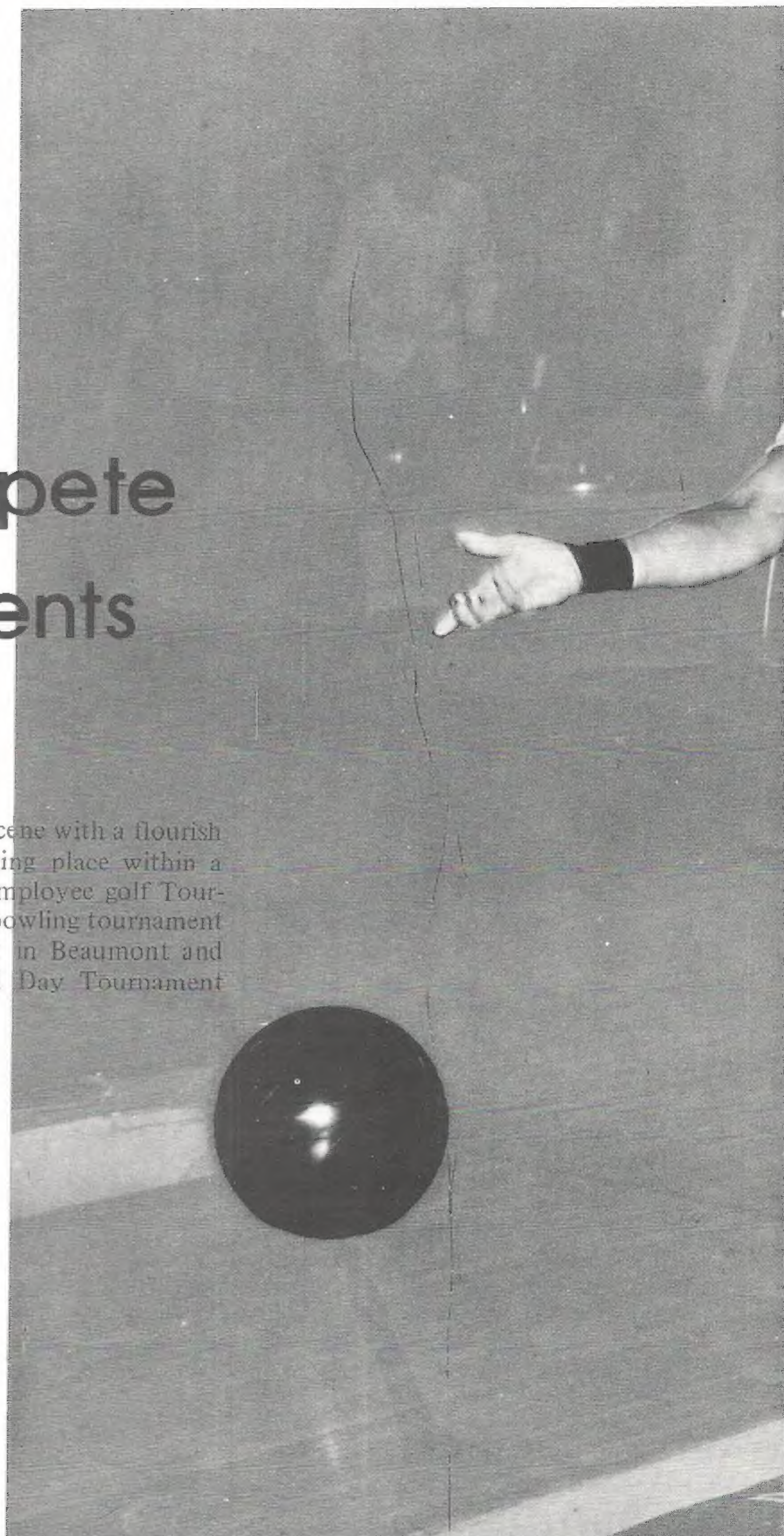


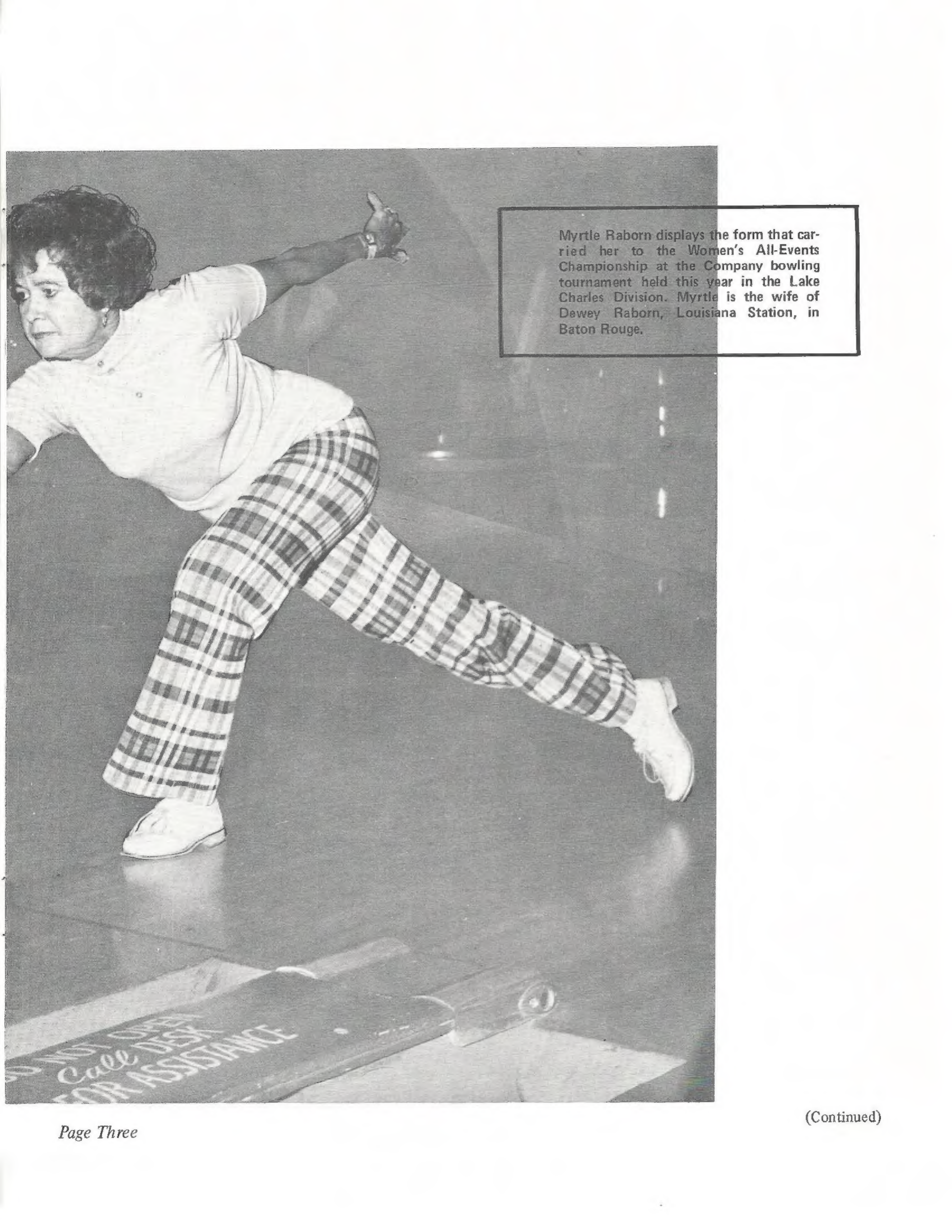
Mike Shurtleff, right, editor of PLAIN TALKS, supervises the production of this issue from an easy chair while Baton Rouge contributing editor Frank Jones does the work. Mike, as you can see, recently suffered a broken leg with a ruptured ligament and torn cartilage in his left knee. Jones willingly answered our SOPT (Save Our Plain Talks), and we appreciate his efforts. Without those efforts, you probably would not be reading this magazine.

GOLF & BOWLING

Employees Compete In Four Tournaments

Company activities in sports exploded onto the scene with a flourish recently with no less than four major events taking place within a month's time. It all began with the Baton Rouge employee golf Tournament of Champions, followed by the Company bowling tournament in Lake Charles, the Live Wire Golf Tournament in Beaumont and concluded with the Company-wide golf Memorial Day Tournament held in Crowley.





Myrtle Raborn displays the form that carried her to the Women's All-Events Championship at the Company bowling tournament held this year in the Lake Charles Division. Myrtle is the wife of Dewey Raborn, Louisiana Station, in Baton Rouge.

New champions were crowned in every event led off by Ronnie Seaton, of the Transmission and Distribution Department in Baton Rouge, who fired a 78 for championship honors at the Greenwood Golf Course in Baker. Seaton edged Bill Barksdale by one stroke. Marcus Andrews took first flight honors, with Robert Petry capturing the second flight with a 96. Third flight was won by Charlie Foss with a 108, while Johnny Yarbrough won the fourth flight with an even 100. In related activity, Seaton and Fred Eubanks tied for the longest drive award, while Butch Jones was closest to the hole on the front side, and Bill Barksdale was closest on the back nine.

Bowling took over the spotlight following the Baton Rouge bash, and Ken Duhon and Myrtle Raborn finished as men's and women's All-Events champions. Lake Charles hosted the event this year and Duhon led his mates to most of the prizes. Sarah Docet of Baton Rouge won the women's single title, while Jim Watson of Beaumont captured the men's version. Doubles competition was won by a Lake Charles pair, Harry Stelly and Carol Foreman. In the team event, the home town folk came through again with a group calling themselves the Rollin 40's taking the win. The Rollin 40's were composed of Slim and Edna Fredericks and Columbus and Wilda Hanks.

Further results and complete standings in the bowling tournament were not available at press time.

Beaumont was the next stop on the sports tour with the annual Live Wire Golf Tournament. Some 54 players were on hand in perfect weather to contest for the trophies and merchandise.

Jerry Read fired a three-over par 74 to take the championship honors at Bayou Din Country Club. His net total was 63, five better than David McCurtain. Skip Meyers took top place in the first flight with a net 68 on the heels of a gross tally of 84. Barry

Hartt finished close behind with a net 71. Second flight honors went to Pete Johnson with a net 68, while Bob Gieseke, guest of Jerry Stokes, fired a net 67 to capture third flight laurels. Ernie Wiggins, son of Bob Wiggins, won going away in the fourth flight with a net of 58.

Finally came the Memorial Day Tournament, held for the second straight year, at the popular Bayou Bend Country Club in Crowley, La. Lake Charles was the host for the event.

Amos Fontenot of Jennings came out on top of the championship battle with a net 69 based on a scratch 76. Ronnie Hunt played the runner-up role with a net 71. Hunt tied with Barksdale at 71 and won out when score cards were matched. Gary Diamond took first flight with a net 69, while Buddy Nelson waltzed in with a 64 to win the second flight. Third flight went to Rufus Mier with a 75, and James Derr, Jr. won the fourth flight with a 71. James had narrowly missed out winning his flight in the Live Wire Tournament; he lost on matched cards. The fifth flight was captured by Olice Steward with a net 64. Nig Laughlin won the closest to the hole on the front side while Jim Hudson was closest on the back side. Fontenot won the low gross prize while Ed Nelson took low net honors.

LIVE WIRE OFFICERS—Gene Russell, left, president of the Live Wire Club, gives good advice to Ricks Bryant, right, vice-president. Ricks didn't indicate that he wanted any advice . . . for that matter, even that it was good advice he received. His ensuing tee-shot hooked into the woods.



TOURNEY OF CHAMPIONS

Championship—1. Seaton. 2. Barksdale. 3. Eubanks. 4. Blanchard. **First Flight**— 1. Andrews. 2. Lester. 3. Stokes. 4. James. **Second Flight**— 1. Petry. 2. LeJeune. 3. Bourque. 4. Davis. **Third Flight**— 1. Foss. 2. Blount. 3. Chaney. 4. Parker. **Fourth Flight**— 1. Yarbrough. 2. Bremer. 3. Klover. 4. Cannon.

LIVE WIRE TOURNEY

Championship Flight— 1. Read. 2. McCurtain. 3. Bill Willis. 4. Jack Bryant. **First Flight**— 1. Meyers. 2. Hartt. 3. Webb. 4. LeFloor. **Second Flight**— 1. Johnson. 2. Bush. 3. Shirey. 4. James Read. **Third Flight**— 1. Gieseke. 2. Jeff Derr. 3. Ward McCurtain. 4. Bob Wiggins. **Fourth Flight**— 1. Ernie Wiggins. 2. Calvin LaGrappe. 3. McMeel. 4. Stathos.

MEMORIAL DAY TOURNEY

Championship Flight— Fontenot. 2. Hunt. 3. Barksdale. 4. Levert. **First Flight**— 1. Diamond. 2. Franques. 3. Hudson. 4. Braud. **Second Flight**— 1. Nelson. 2. Hodges. 3. Prejean. 4. Gerac. **Third Flight**— 1. Mier. 2. Gautreaux. 3. Guercio. 4. Kimball. **Fourth Flight**— 1. James Derr, Jr. 2. Naylor. 3. Yennie. 4. Langlois. **Fifth Flight**— 1. Steward. 2. Daigle. 3. Chaney. 4. Blanchette.



ROLLIN 40's—Lake Charles came away with the team honors in the annual Company bowling tournament held in Lake Charles. The Rollin 40's, composed of Slim and Edna Fredericks, and Columbus and Wilda Hanks, were just too tough to beat on the home alleys. Lake Charles bowlers managed to win a majority of the prizes, although pressed hard by Baton Rouge keglers.



SCORE KEEPERS—Joe Fontana once again acted as head score keeper for the Live Wire Golf Tournament, with able assistance from Mary Lou Alberto, left, and Celia McCallum.

An Interview
by Frank Jones

Jim Meitzen on River Bend

(Editor's Note: The following statement was issued recently in regard to a new Atomic Energy Commission decision. Jim Meitzen granted PLAIN TALKS an interview to explain how this decision will affect the Company, if at all.)

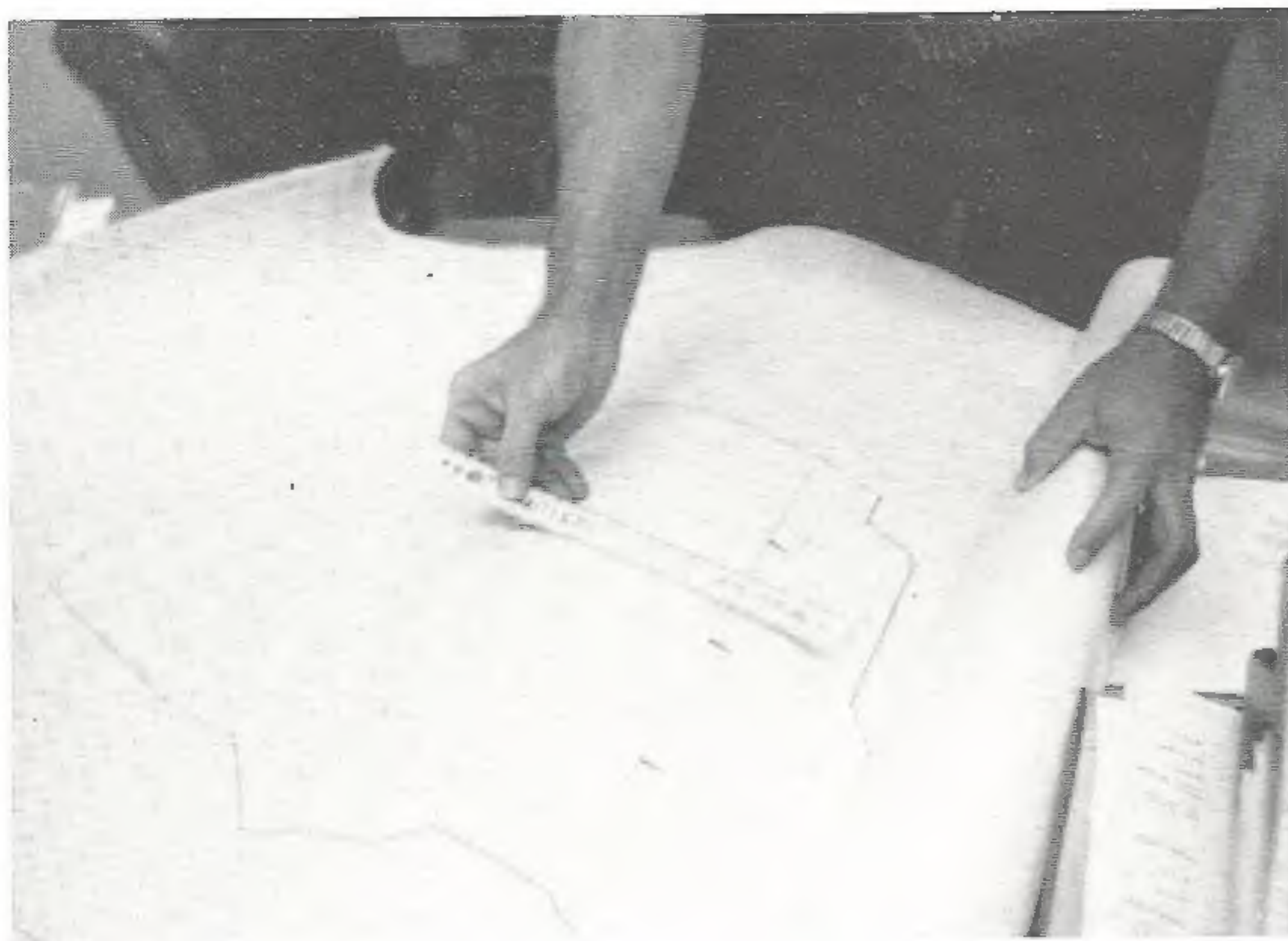
"Regulations permitting limited work on nuclear sites to be conducted prior to issuance of a construction permit (10 CFR 2, 50) were published in the April 24 Federal Register, effective immediately. Under the regulations, clearing, grading, road construction, establishment of fill areas and temporary construction facilities would be permitted. The limited work would be carried out at the applicant's financial risk and subject to a final National Environmental Protective Agency (NEPA) review."



In talking with Jim Meitzen, project engineer for the River Bend Station project, he noted the Company had plans to request a Limited Work Authorization (LWA) which would allow basically what the statement included. He said the Company is now in the process of deciding exactly how much work to do prior to approval of the Application for Construction Permit, and how many dollars should be committed to work done under the LWA. As the statement above pointed out, all work done prior to construction approval will be at the Company's own financial risk.

When asked the question of when will the Company formally apply for an LWA, Meitzen said as soon as possible and as soon as all relevant decisions are finalized. The earliest date we can get on-site and begin our make-ready operations will most likely be early 1975. It could conceivably be sooner, but





not prior to the public environmental hearing which is presently scheduled for November of this year.

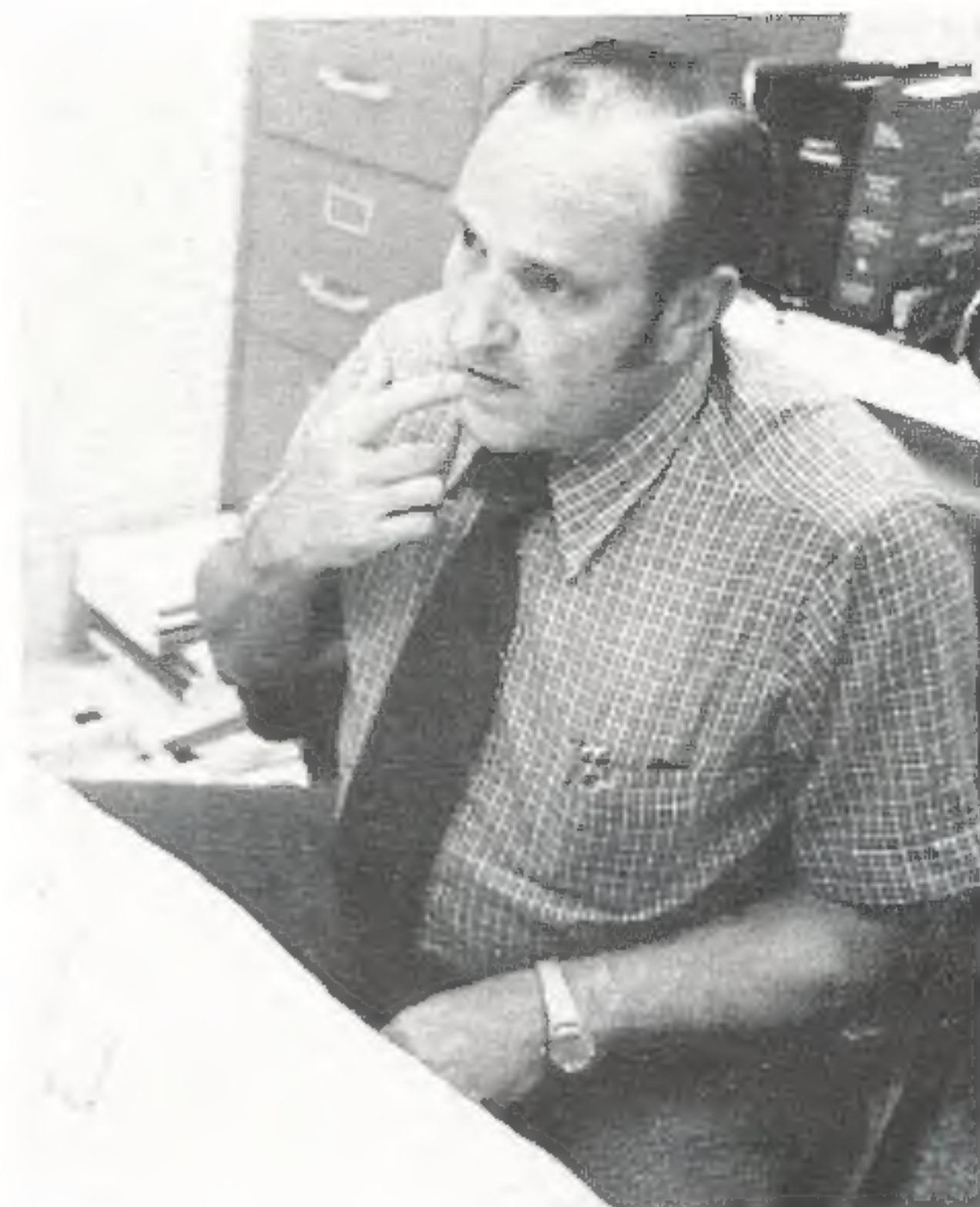
Meitzen pointed out that requests for bids have been sent out for the site development contracts and were expected to be returned the early part of June. After evaluation of the proposals, a decision will be made and the contract will be let. Site preparation will include digging the excavation for the reactor and foundation, which will be no trivial task. The excavation will be approximately 1,000 ft. by 1,200 ft. by about 75 ft. deep. That translates into approximately five million cubic yards of dirt to be moved from one place to another. For you LSU fans, that's enough dirt to fill nearly three LSU Tiger Stadiums to the brim.

Some of the other work under consideration by management to be done under the LWA includes construction facilities, new road construction, foundation preparation for the switch yards and railroad spurs (branches through the property off existing railroad tracks).

It looks as if the time is rapidly approaching, much to the excitement of employees to begin moving earth at the River Bend site near St. Francisville, La. This will be the realization of years of hard work by hundreds of people and the realization of some beautiful dreams. It

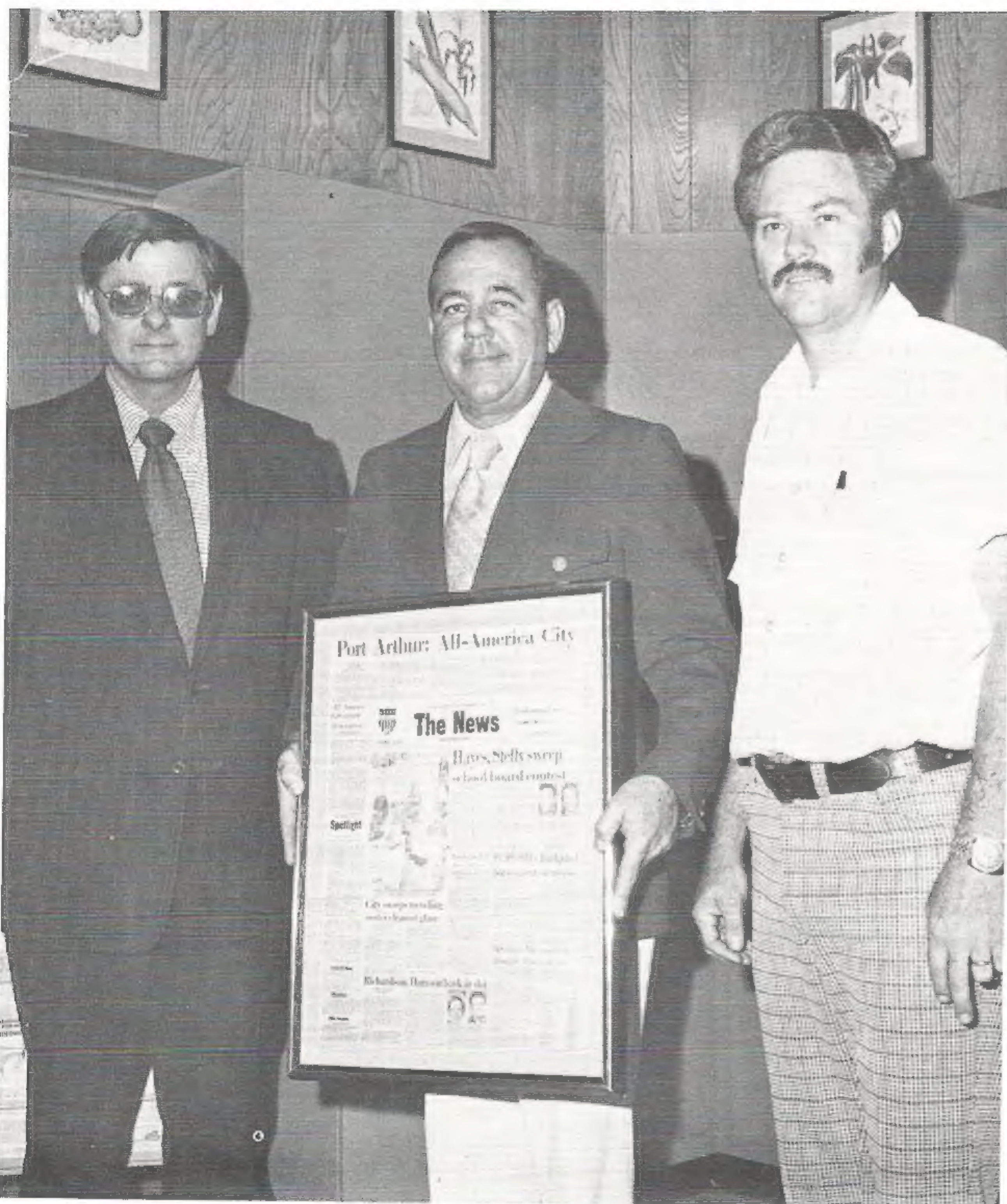
will also be a milestone for the Company, as it will be moving from one era to another. Fossil fuels have dominated the fuel mix for nearly 50 years; and, at long last, there will be a new fuel to figure into our calculations. Uranium.

Nuclear power is no longer something to which we can all look forward. It is something that is very much alive today and with each employee Nuclear power generation is coming of age for Gulf States Utilities Company. Everyone can be proud to say that he or she is a part of its beginning, and a very important part.



NEWS

CRT's in Baton Rouge



Jim Stelly, superintendent of sales for the Port Arthur Division, is presented the front page of the Port Arthur News by Horace Fontenot, left, advertising director for the News, and Buck Weaver, production supervisor. The front page carried the story of Stelly's election to the Port Arthur School Board. Stelly has been active in civic and professional organizations in Port Arthur, but this marked his first effort in a city-wide election.

The wait has ended. Several issues ago, **CURRENT TOPICS** (Baton Rouge Division newsletter) reported the pending order of some new equipment to be placed in the Baton Rouge Division Treasury. The new equipment arrived and is already operational...speeding up service.

The old paper-munching, noise-producing and tedious IBM 1050 terminal input-output system has all been replaced. It has been replaced by new, quieter, faster, and easier-to-operate cathode ray tube (CRT) visual display terminals. They are totally silent, easy to read, extremely fast "TV sets" that display the information formerly printed out on paper.

The new system of input-output is the IBM 3270 Information Display System. The request for items is placed into the computer via a conventional typewriter keyboard.

Of course, there are several new keys and buttons on the new terminal, but it is similar to the previous ones. The information requested is displayed almost instantaneously in green letters on a set looking not unlike a home TV. There is no noise generated.

Copies, as they are needed, are printed out from one of two high-speed machines operating at 6600 characters per minute as opposed to the old printers at about 1200 cpm.

Six of the older terminal units will be maintained, in order to provide a total of 15 terminals instead of the previous eleven. There will be four CRT's in the Customer Service Area at North Boulevard. A 1050 will also be located at both Choctaw Service Center and the Government Street Service Center.

Just another way technology helps the Company provide quicker and more reliable service to its some 400,000 customers.

Junior Achievement

Company's Company Awarded "Best"



THE BEST COMPANY-Achievers in Action, the name of the model company sponsored by GSU in Beaumont in the Junior Achievement Program, was named the best company in the Golden Triangle at the annual awards banquet held at the Red Carpet Inn. Dan Stathos, Steve Williamson, Mike Durham and Jim Milton were honored as the advisors of the year for their efforts in guiding the Achievers In Action. President of the company, Cora Beth Hodge, was named co-winner for President of the Year honors, and several other honors were also captured by the group. "It marked the first time in a number of years that the GSU sponsored company has won the top award in competition with other companies throughout Jefferson County," said Ward McCurtain, Beaumont Division Manager.



Four Company employees recently completed the P.U.R. Guide Program correspondence course with excellent ratings. The course, a detailed study of the electric utility industry for members and potential members of the management team, has been successfully completed by more than 185 employees in the last 15

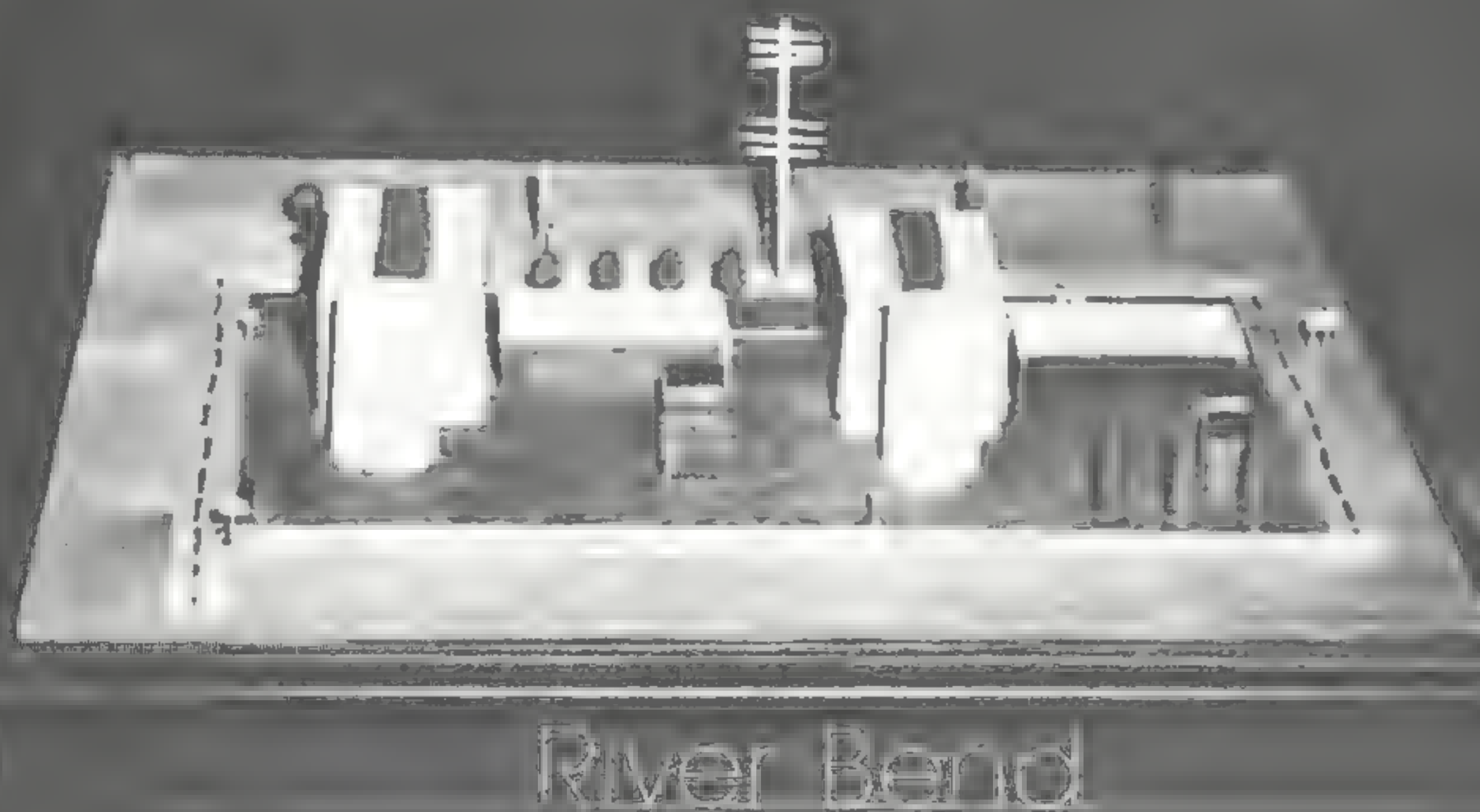


years. The course consists of 41, 8-12 page weekly lessons enclosed in a ring binder, index, glossary, mid and final program tests and answer sheets. Recipients were, from left to right: Beaumont Division Manager Ward McCurtain (left) presenting certificate to Wyatt Bell - Woodville superintendent; Baton Rouge Divi-



sion Manager George Cannon (left) presenting certificate to Victor Elmer - Baton Rouge T&D engineer; Lake Charles Division Manager Joe Bondurant (right) presenting certificates to E. E. Cryer (left) - Lake Charles Right of Way supervisor and Michael Bibby - Lake Charles division engineer.

FUTURE NUCLEAR ENGINEER—Young Sam Houston Jones, III, 11-year-old son of Senator and Mrs. Robert Gambrell Jones of Lake Charles has taken his studies of nuclear power plants seriously. As a result of visits made by GSU personnel to his school, Sam has carried his thirst for knowledge on the nuclear generation of electricity to the Atomic Energy Commission. The AEC responded by sending him booklets and other material, and the result has been the construction of a scale model based on the company's River Bend Station. Sam is a 6th grader at 4th Ward Elementary School in Lake Charles.



River Bend Station has been constructed and "gone on line" at the home of Sam Houston Jones, III, and the event has not gone unnoticed by the Chairman of the Board of Directors of GSU and the Atomic Energy Commission.

Sam, the 11-year-old son of State Senator and Mrs. Robert Gambrell Jones of Lake Charles, got the idea to build River Bend Station from company personnel who had visited his school, 4th Ward Elementary, as part of our "wise use" energy program. But his quest for additional knowledge on the subject of River Bend and the nuclear generation of electricity did not stop there. Sam wrote to the Atomic Energy Commission in

Washington, D. C., for more detailed information on the subject, and the AEC responded by sending it to him.

The more he read and learned, the more he became interested, and he began to build a model of a nuclear-fueled generating plant based on our company's River Bend Station.

Floyd Smith, chairman of the Board, heard about the project and was sent a picture of the finished model. "I have seen a photograph of your project, and

am impressed with your skill and attention to detail, despite having to work without a blueprint," wrote Mr. Smith.

Sam is an active youth in the Boy Scouts of America and lists basketball as a hobby. Sam should just about be ready to enter college when River Bend Station near St. Francisville goes into commercial operation in 1980-81.

Lake Charles Student Project

Safety Pays Dividends



A safety award, significant of a highly notable achievement, was recently bestowed upon the Baton Rouge Choctaw Stores Department. As the plaque will verify, this department has gone 48 years without a disabling injury (1925 - 1973). It was presented by the Southeastern Electric Exchange and is just one of a series of honors for Choctaw Stores. Throughout its existence, our Company has also presented this group of employees with numerous awards of this nature, including a previous 38 and 40-year award for no disabling injuries.

"The employees are to be highly commended for their safety record," M. C. Corkern, Stores supervisor and Kelton Whitehead, Stores foreman, said. "We're proud of our record," commented Kelton, "and it's not all simple work, as some think. Employees, on a daily basis, are handling utility poles and heavy equipment. Their conscientiousness has kept us on top, safety wise, and we're all proud of it."

The Baton Rouge Choctaw Stores Department has a right to be proud. As said before, safety is people. And the Stores Department undoubtedly has the people with the right attitude.

In A Familiar Field

By Steve Hutchinson- Senior, 1974

(EDITOR'S NOTE: The following poem is reprinted here from the CLAW, student newspaper of Glen Oaks High School in Baton Rouge. It was written by Steve Hutchinson, son of Byrd Hutchinson, collector in the Baton Rouge Division Credit and Collections Department. Steve was an 18-year-old senior.)

As I sit on this spring night dear,
And wonder what fate brought me here,
Surrounded by many familiar sounds,
I sense the past all around.

In the framework of a distant tree
The shadow of a kite hangs free,
Free from the fingers of some frolicing boy,
Who lost it there in the midst of joy.

Forgotten has been its festive flight?
And so have been the deeds of my delight,
Once, I was this carefree boy;
But, now I have new dreams, new joy.

Forgotten will be the time at hand,
As are the dreams of a passing man
Often I pray time could stand still,
So I could save this joy I feel.

So I could embrace the things I love so dear,
And always have them so close, so near,
But it's not of God's will
To stop time, and make life stand still,

So on we all must go
To that which we do not yet know,
My only hope in passing on
Is that heaven be as nice,
So as for this life it might suffice.

Cooling Towers Bought for River Bend Station

The company has purchased eight concrete towers that will serve the River Bend Station as cooling towers.

Each tower will consist of seven fans, with four towers serving each generating unit. The value of the contract is in excess of \$9 million with construction dates to be determined. Vendor for the towers is The Marley Company of Mission, Kansas.

How would you like to have someone as attractive as Susan Wilks, shown at right, helping you engineer and record impedances? Might be a nice way to spend the day. Susan was recently transferred from departmental clerk to engineering helper after returning from a maternity leave. Recording impedances is only one of her many duties in the Baton Rouge T&D Department.



Jack Worthy, Baton Rouge Division vice president, was recently named the 1974 Junior Achievement Fund Raising Chairman. Assisting Mr. Worthy in his attainment of the \$50,000 campaign goal, along with other businessmen throughout the Baton Rouge area, were Gulf Staters Jim Towers, assistant to the vice president, and Frank Jones, public relations representative.

About That High Electric Bill...

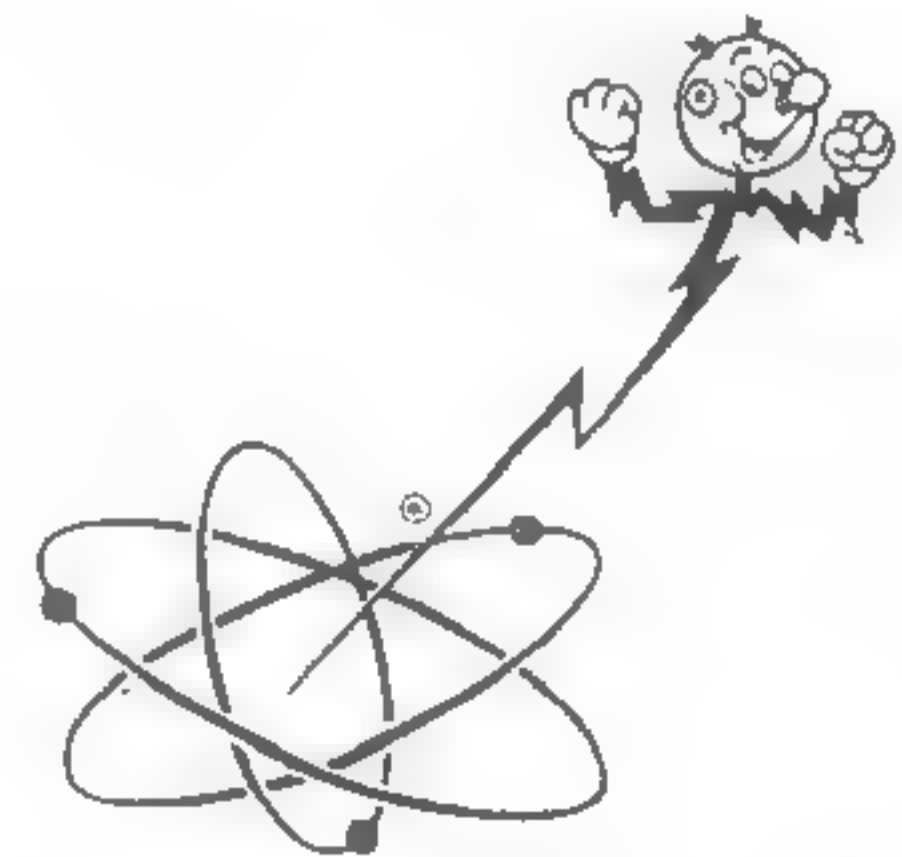
As is already evidenced, summer is here, bringing with it warmer temperatures and increased usage of electric appliances - especially the air conditioning system. And, another already-evidenced fact is that electric bills have risen. But do not blame it all on increased usage or calculation mistakes by our Company's computer and meter readers - consider the higher cost of natural gas and oil we use in our generating stations.

Since 1959, the Company has had provisions in its rate for fuel cost adjustments. As the cost of fuel varies, so goes the electric bill. Because of this, the bill may be higher for the same amount of electricity used the same month last year. But remember that the Company is not making a profit by passing on the additional fuel costs - we are just breaking even!

In the future, we'll continue to change to alternate fuels to keep the customer supplied with electricity. But, for the near future, we must rely on those fuels in greatest demand.

So remember, it's not the basic electric

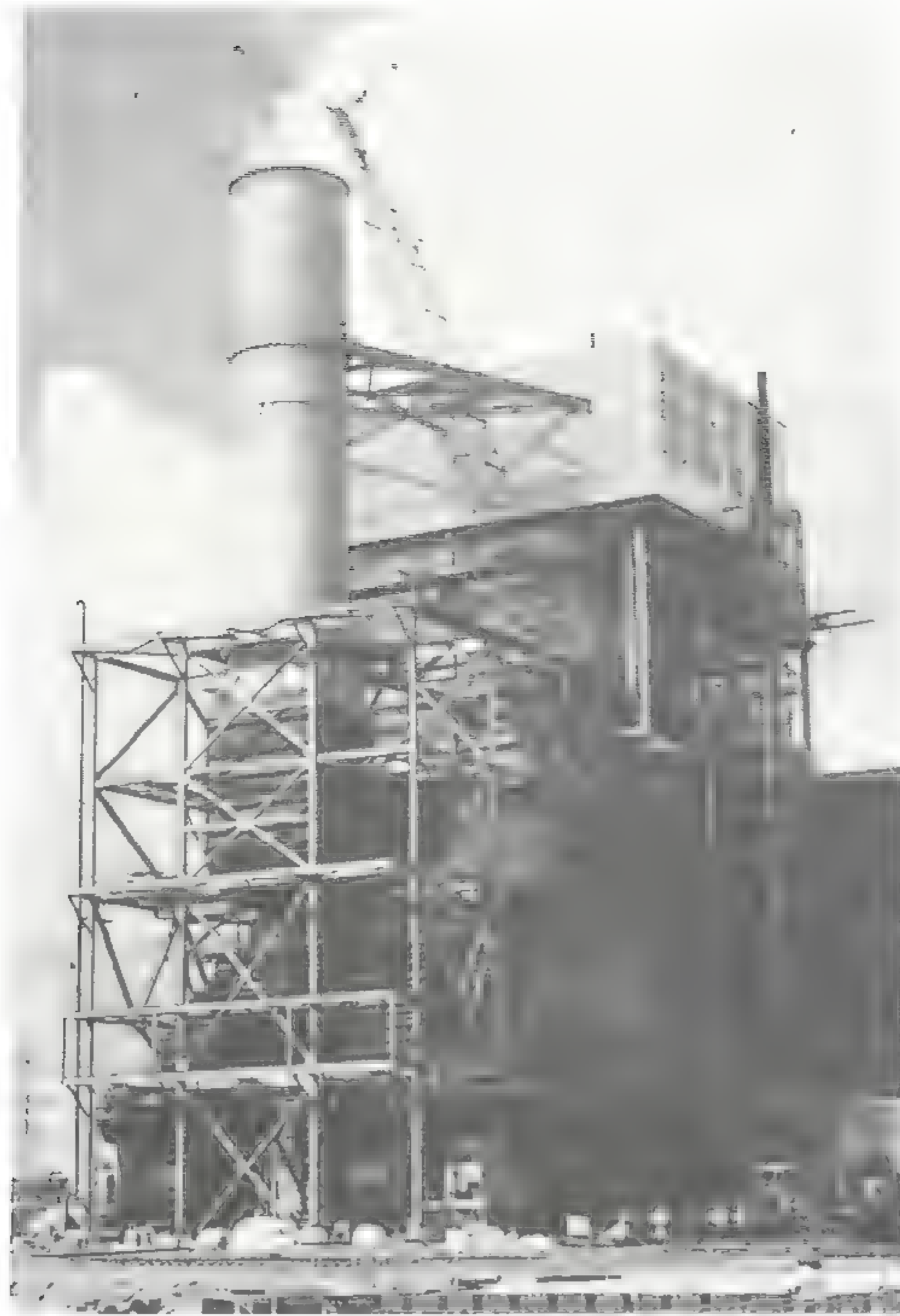
DID YOU KNOW?



...that no permanent radioactive waste storage has taken place at the site of a nuclear power plant? Virtually every atom of fuel material that arrives at the site and is not converted to energy leaves in due course in spent fuel assemblies or packaged wastes.

rate that is going up, only the additional price of fuel.

It is an additional expense with which customers have to live. The Company realizes this - we're having to cope with the additional expenses, too.



Sabine No. 4 Operational

After two years of construction and a lot of man-hours of labor, Sabine Station's No. 4 Unit is on-line and operating during testing and de-bugging procedures.

Construction began, according to Ed Loggins, plant superintendent, in 1972, and the Unit was brought up on May 4 for testing. No. 4 is now burning natural gas but has the capabilities of being converted to burn number two fuel oil. Loggins said the unit will eventually be converted to burn oil.

No. 4 Unit, during the course of the telephone interview, was running at about 500 megawatts and shooting for 540. When asked how long before the 540 mw figure would be reached, he responded, "about an hour."

Loggins noted the Unit was on-line and running and would be taken down for various checks, but would be put back on-line permanently around June 7. He said construction has begun, and they are in the process of driving pilings for No. 5 Unit. "Hopefully," he added, "No. 5 Unit will be on-line in 1977." No. 5 will be built with the capability of burning both natural gas and number six low-sulphur oil, somewhat similar to No. 4 Unit at Willow Glen Power Station near St. Gabriel, Louisiana.



At least three men did something nice for their secretaries during National Secretary Appreciation Week, observed recently. The three honorees were, from left to right in the Port Arthur main office, Carol Simmons, senior stenographer and secretary to Sales Superintendent Jim Stelly; Rosemary Vaught, executive secretary to Division Manager R. A. McAlpine; and Mary Eaglin, stenographer for Lyle Gerac, former division accounting supervisor who is now assistant to the treasurer in Beaumont.

B. R. Gulf Staters Go Into Schools

Eight Company personnel in Baton Rouge have been involved in a unique program wherein some 100 business leaders discussed their professions in practical terms with high school students throughout East Baton Rouge Parish.

Those representing our Company were Bill Douglas, Jim Towers, Jim Moss, Weldon Smith, Calvin Hebert, George Cannon, Arden Loughmiller and Doug Watkins.

The annual event provides an opportunity for business and professional men and women to explain their work in practical terms to the students. The program is sponsored by the Chamber of Commerce and is called the Business Profession Teaching Day Task Force.



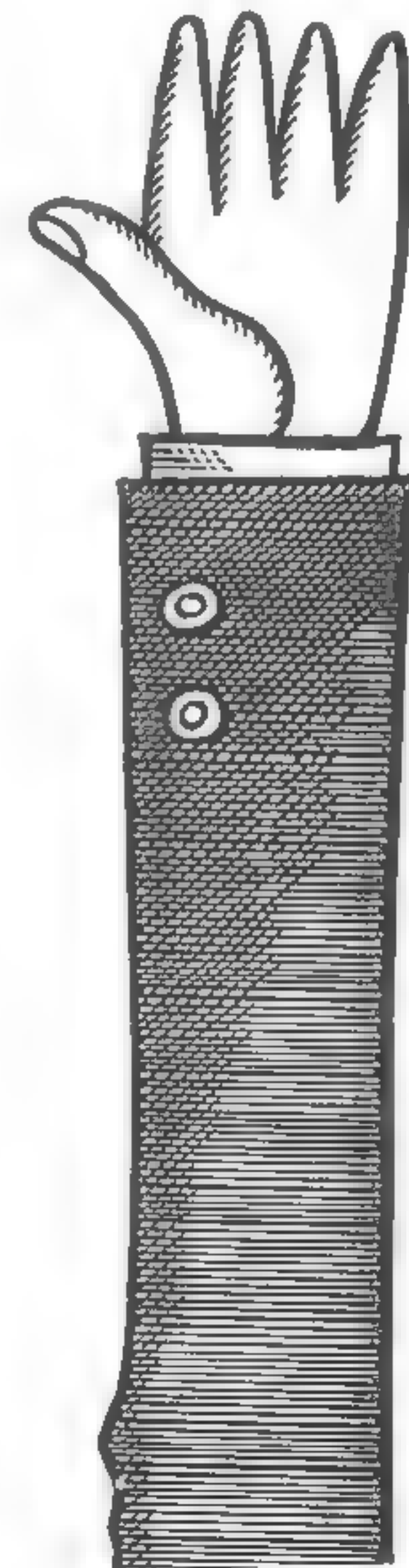
T. G. "BUTCH" FRANKLIN has been named chairman of the 1974 Budget Panel II for the Calcasieu United Appeals (CUA). Butch has been a volunteer in the United Way program for 18 years and a member of the CUA budget panel for the past four years. He has also chaired the major firm special assignment group.

Employee's Son Honored

H. F. Sockrider has been named Outstanding Young Man of the Year for 1974 by the Shreveport Jaycees.

Sockrider is the son of Herman Sockrider, district accountant in Lake Charles.

The 35-year-old Lake Charles native joined the law firm of Booth, Lockhard, Jack, Pleasant and LeSage in Shreveport in 1964.



**REACH HIGH
FOR QUALITY
IN YOUR WORK!**



AT LAST — David N. Beekman, IDS-Beaumont, successfully completed the requirements for a master's degree in Engineering Science and was graduated from Lamar University. Beekman earned a bachelor of science degree in electrical engineering and also in math as an undergraduate at Lamar. He is married to the former Sharon Jones of Beaumont.

Retirement Contributions Again Reduced

Effective July 1, 1974, employees' contributions to the Retirement Plan will be reduced by an amount equal to approximately one percent of the employee's salary, and the cost will be made up by the Company.

Currently, employee contributions amount to approximately one percent of the first \$400.00 of his monthly salary, plus two percent of the excess above \$400.00.

The new rate will amount to approximately one percent of his salary that is in excess of \$400.00

This marks the second time within the last three years that a reduction in employee contributions to the Retirement Plan has taken place. The first occurred in October, 1971 when contributions were reduced approximately 50%. Prior to that time, employees were paying approximately two percent of the first \$400.00 of their monthly salary plus four percent of the excess.



Wyatt Bell, superintendent for the company in Woodville, has been elected to a three year term as a director of District 5 of the East Texas Chamber of Commerce. Mr. Bell attended the Directors' meeting in Marshall on May 28.

THRIFT PLAN

Purchases of Gulf States Utilities Company stock made by the Trustee during May, 1974, covering employee deductions and Company contributions through April, 1974, were as follows:

8,872 shares of common stock at a total cost of \$117,170.84, for an average cost per share of \$13.207.

109 shares of \$4.40 Preferred stock at a total cost of \$6,037.37, for an average cost per share of \$55.389.

The Trustee deposited \$54,097.54 with the Savings Department of the First Security National Bank.



Robert Sheffield, Silsbee superintendent, was recently installed as president of the Silsbee Chamber of Commerce in ceremonies held in Silsbee. Mr. Sheffield is also serving a two-year term on the Board of Directors of the Chamber.



(from Myra Ponthier)

W. B. McMorris, Zachary superintendent, has served two years as president of the Zachary Chamber of Commerce. He was recently honored by the Chamber at the Fenwood Hills Country Club. Since opening the Chamber office in August, 1972, Mr. McMorris has accomplished many civic projects, and Zachary has grown under his leadership. He was presented a rocking chair and gavel as gifts, and his wife received one dozen red roses. Mr. McMorris will continue to serve on the Chamber's Board of Directors for the coming year.

High Blood Pressure Can Hit Anyone

"But I can't possibly have high blood pressure. I feel fine!"

It's not at all unusual for a person to react this way when a doctor breaks the news that he or she is suffering from a disease that currently affects 23 million Americans — 1 of every 7. For, in many cases, people with high blood pressure have no symptoms of illness.

In fact, the Health Insurance Institute points out, half of the people who have high blood pressure are not aware of it. And of the 50 per cent who know they have the disease, only half are considered to have the disease "controlled."

Yet, if left unchecked, high blood pressure (or hypertension) can lead to heart attacks, strokes and kidney failure.

High blood pressure affects all types of people at all ages. Among men, the proportion of hypertension seems to increase with age up to 50, then level out. Among women, the number with high blood pres-

sure increases with age. Overall, women are more susceptible, although they do not die of it as often as men.

For years, many people thought that the highly paid business executive was the most likely candidate for hypertension. Recent studies show otherwise.

An Institute analysis of government and private data, along with a special study for the National Heart and Lung Institute, indicates that the greatest sufferers are on the lower end of the economic ladder.

Families with incomes of \$2,000 a year or less have a significantly higher rate of high blood pressure than families with incomes greater than \$10,000. Also, there is a significantly higher rate of hypertension among people with less than five years of education than among those with more than 13 years of education.

On the basis of these findings, it appears that high blood pressure strikes

mostly the underprivileged in our society.

In addition, high blood pressure seems to take a far heavier toll among blacks than whites. Currently, it is a major killer of black people in the United States.

According to Dr. George Miller, assistant professor of epidemiology at John Hopkins University, this black-white phenomenon also has to do with economic and social status.

Hypertension can be diagnosed through a quick, painless test given by your doctor or medically trained person, followed by an analysis of the findings.

A number of drugs are now available, says the Institute, that — when properly used — can help the overwhelming majority of the nation's hypertensives control their condition.

Many doctors also suggest a low-cholesterol diet, losing extra weight, and cutting out cigarettes to help high blood pressure patients lessen chances of heart attacks.

Service Award Recipients Attend Banquets

WESTERN DIVISION



TEN YEARS — Left to right, Herbert F. Eickenhorst, Calvin Jaetzold, Bobbie Burke, Benny G. Kite, Joe K. Nettles, Mr. Smith, chairman of the board.



TWENTY YEARS — Left to right, Elver Butler, Norman Ener, Virgil Foster, Curtis Gideon, William A. Jones, Lawrence Milliff, Charles Smith, Mr. Smith. (Not pictured is Carrol Heaton)

(Continued)

BEAUMONT DIVISION



TEN YEARS — First row, left to right, Harry Shepherd, Carrol Walton, Ben Parks, Jr., John Harrell, Clyde Charlot, Gene Anderson. Second row, left to right, Mr. Smith, Laurence Sam, Jr., David Smith, Lester Saucier, Ben Reiser, Patricia Bailey, Sandra Rogers.



TWENTY YEARS — First row, left to right, R. J. Peters, Jim Dowies, James Sparks, Betty Fontana, Dallas Boullion, Mell Alford. Second row, Mr. Smith, Sam Turner, Jack Ogden, Roy Hester, Jimmie Grimes, Don Corgey.

BEAUMONT DIVISION



THIRTY YEARS — Mr. Smith, Sally Dowden, A. C. Smythe.



FORTY YEARS — Mr. Smith and Mr. and Mrs. George DeLaMatyr.

PORT ARTHUR DIVISION



TEN YEARS — (left to right) Kathleen Fuller, Mr. Smith, Lyle Gerac, Richard Joffrion, John Adams, Mr. Lee, Company president.



TWENTY YEARS — First row, left to right, Audrey Cundiff, James Fernandez, Jean Andrews. Standing, Mr. Smith, Scuddy Thibodeaux, W. H. Foster, Mr. Lee.



THIRTY YEARS — Left to right, Mr. Smith, Artis Foreman, Loraine Dunham, Mr. Lee.



LAKE CHARLES DIVISION

TEN YEARS — Left to right, Mr. Lee, Gloria S. Hebert, William E. McFarlin, Mr. Smith.



TWENTY YEARS — Mr. Lee, Shelton Trahan, Harry Guidry, Albert Boudreaux, James Laughlin, Mr. Smith.

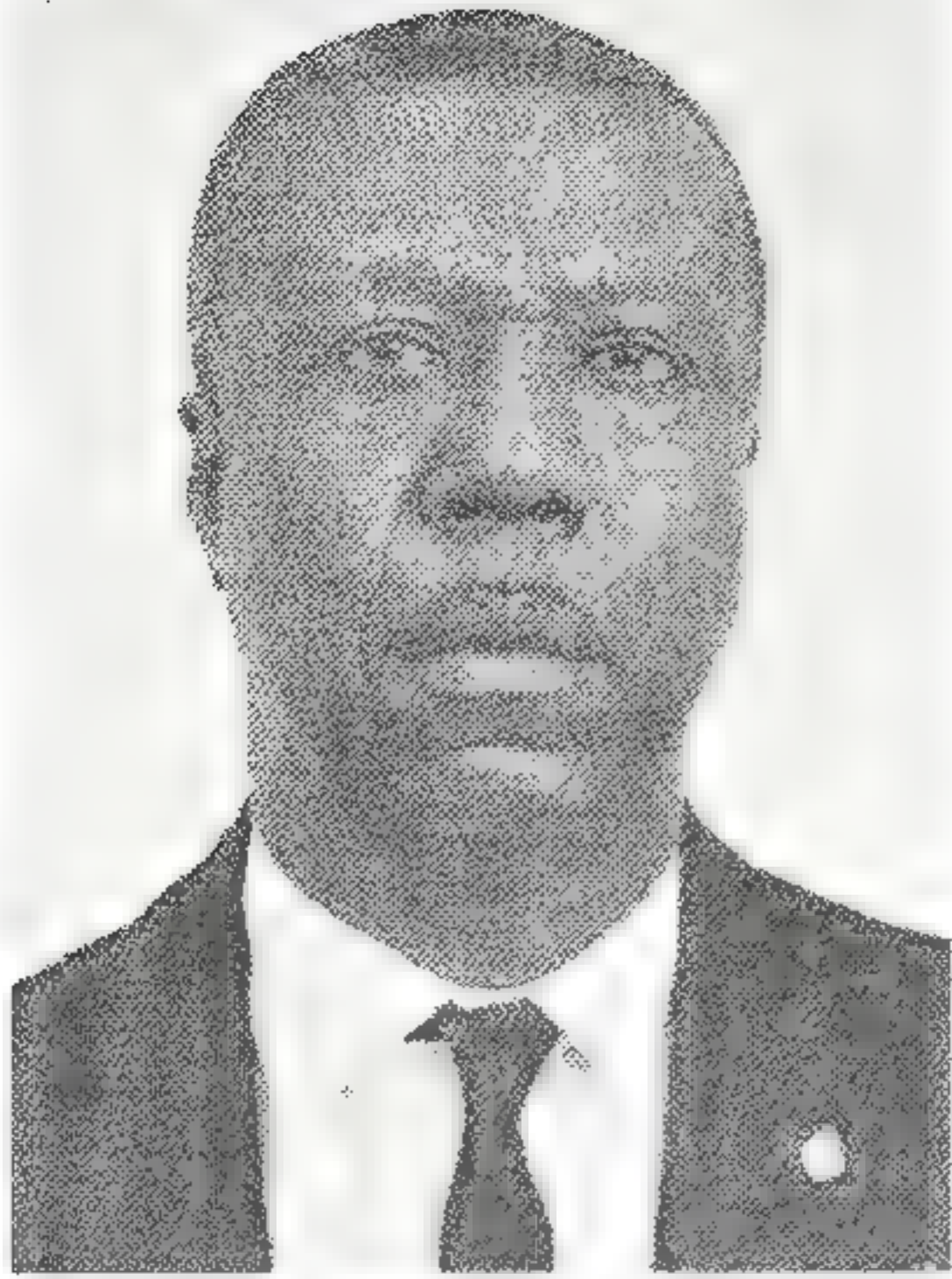
BATON ROUGE DIVISION

EDITOR'S NOTE: *Due to an unfortunate camera malfunction, pictures for the Baton Rouge Division Service Awards Banquet are not available.*



FORTY YEARS — Mr. Lee and Mr. Smith flank 40 year honoree Harold A. St.Dizier, and his wife.

OBITUARIES



WELDON GREEN

Weldon Green, who retired from the Company Sept. 1 after serving over 29 years, died on May 11.

Mr. Green joined the Company in 1943 as a laborer, then attained the position of car washer. All of his time was spent in Navasota.

A Columbus, Texas, native, he was a member of the Truvine Baptist Church in Navasota.



HENRY A. KLUTTZ

Henry A. Kluttz, turbine maintenance engineer, Beaumont System, died June 1 after some 26 years with the Company.

He joined the Company in 1948 as a turbine maintenance engineer for the System but was located in Baton Rouge. He was a graduate of North Carolina State College and in 1942 was awarded his BS degree in mechanical engineering.

HARRY H. FAULK

Harry H. Faulk, retired foreman in the Baton Rouge Gas Department, died June 1. He retired September 1, 1972, after some 32 years of service to the Company.

The Fayette, Miss., native joined our Company in 1940 as a truck driver and advanced through numerous promotions to various positions such as serviceman-2nd class, welder-2nd class, welder-first class and then to foreman. All of these came in the Gas Department.



E. C. ADAMS

Edmund C. Adams, retired from the Beaumont Engineering Dept., died on Monday, May 6.

Fourteen years ago, Mr. Adams retired after a 41-year career as an engineer. He began his career with Stone and Webster, Inc., in Boston, Mass., in 1919. In 1920, he went to El Paso, Tex., to work for the El Paso Electric Company.

In 1930, Mr. Adams was promoted to general engineer, and in 1934, he was made an assistant to the vice president. In 1942, he was promoted to system superintendent of Engineering, and in 1950, he became system engineering manager.



THOMAS S. STURROCK

Thomas S. Sturrock, T&D Garage shop foreman, Beaumont, died May 14, after 28 years of service.

Mr. Sturrock joined the Company in March, 1946, as garage mechanic helper in Beaumont and was promoted after several progressions to garage mechanic-1st class in March, 1951. He was promoted to shop foreman on August 1, 1965.

Mr. Sturrock was a veteran of World War II and had retired from the active Air Force Reserve. He was a member of Tolerance Lodge No. 1165 AF & AM.



ROBERT C. DeLATTE

Twenty-seven year old Bobby DeLatte, engineering assistant in Beaumont, died May 29 after a brief illness. Bobby joined the Company as an engineering helper in June, 1969. He was promoted to engineering assistant in March, 1971, and prior to coming to the Company he was a photographer's mate in the United States Navy from 1965 to 1969. He was a member of Eagles No. 116 and Redeemer Lutheran Church.

People On The Move



**JAMES O.
CALCOTE**

James O. Calcote, division engineer for the Company in Beaumont, has been promoted to operating supervisor in the Beaumont Division.

Calcote is a 16-year veteran of the Company, having been employed following his graduation from Louisiana State University with a bachelor of science degree in electrical engineering.

A native of Natchez, Mississippi, Calcote is married to the former Dorothy Brown of Churchill, Mississippi. He is a veteran of the Marine Corps and served in Japan from 1951 to 1954.

Calcote is a member of the Lions Club of Northwest Beaumont.



MELVIN S. COLE

Melvin S. Cole, who in 1973 became the first person to ever be awarded a doctorate degree at Lamar University, has been promoted to director-distribution engineering in Beaumont.

Dr. Cole received his degree on December 22, 1973, and became the first person in the state of Texas to so complete the requirements for this special degree. The DeRidder, Louisiana native joined GSU following active duty with the Air Force. He received his undergraduate degree from Louisiana State University in 1952 with a B.S. in civil engineering and later obtained his master's from Lamar University in 1965.

Dr. Cole is active in professional and civic organizations among which include a registered professional engineer in Texas and Louisiana; registered land surveyor in Louisiana; a member of the West Beaumont Rotary Club; Young Men's Business League; French High Booster Club; Beaumont Utility Coordinating Council and the Cardinal Club.

He is married to the former Betty Jo Burnes of Baton Rouge, and they have three children, Anita Gayle, Melvin S., Jr., and Rhonda Lee.



**KENNETH E.
McCULLOUGH**

Kenneth E. McCullough, repairman-first class at Louisiana Station in Baton Rouge, has been transferred to Willow Glen Station and promoted to mechanical maintenance foreman.

McCullough, a 14-year veteran of the Company, was employed in 1960 as a helper at Louisiana Station.

The Brookhaven, Miss., native attended Co-Lin Junior College in Wesson, Miss., and saw duty in the Army. He is married to the former Betty Davis of Baton Rouge, and the couple has two children, Donnie, 12, and Debbie, 7.

McCullough is active in church affairs at the Lanier Baptist Church where he periodically teaches Sunday School.



LYLE P. GERAC

Lyle P. Gerac, division accounting supervisor in Port Arthur, has been transferred to Beaumont and promoted to executive assistant to the treasurer of the Company.

Gerac, a native of Lafayette and a 1962 graduate of the University of Southwestern Louisiana, has been with GSU since 1964. He began his career in general accounting in Beaumont and later was transferred to the financial and regulatory reports section. In 1968 he was promoted to supervisor of accounts payable. In 1969 he was promoted to supervisor-plant accounting and then assumed the Port Arthur position in 1972.

Gerac is married to the former Marie Louise Braud of Gonzales, Louisiana, and they have three children, Phillip Martin, Stephanie Anne and Patrick Kevin.

Hard at work is Patty Inabinet, the first female equipment operator at Lewis Creek Station in Willis, Texas. A new employee, Patty is a 1974 graduate of Conroe High School, 18 years of age, and married. Lewis Creek welcomes Patty!



WALLACE E.
THOMASON

Wallace E. Thomason, garage mechanic in the Transmission and Distribution Department in Beaumont, has been promoted to shop foreman.

Thomason, employed in 1949, is a graduate of South Park High School. He is married to the former Louisia Crow of Beaumont, and the couple has two sons, Wallace Ray, 24, and Gene, 20.



RETIREMENTS

J. COOPER SPENGLER

J. Cooper Spengler, superintendent of the Baton Rouge Division Gas Department, retired July 1 after some 29 years of service for the Company.

Mr. Spengler, a native of Hinds County, Miss., joined the Company in 1935 as a chemical engineer with the Gas Dept. In 1941, he was promoted to foreman and in 1943 he became gas distribution engineer. In 1948, he advanced to gas distribution supervisor, the job he held to the time of his promotion to operating superintendent.



TOM MITCHELL

Tom Mitchell, was employed by the Company in July, 1945, in the Production Dept. at Louisiana Station at Baton Rouge and retired from the Company on July 1 of this year.

Mr. Mitchell progressed through various positions and was promoted to his present position of Laborer II in November, 1963.

EUGENE C. MARTIN

Eugene C. Martin, master test technician at Sabine Station, retired from the Company on July 1, after nearly 22 years of service.

He was employed in 1952 as a mechanic's helper in Beaumont and was promoted to test technician-2nd class in 1955. Two years later he made test technician-1st class and was promoted to master test technician in 1961.





WILLIAM T. BUCKLEY

"Bill" Buckley, joined the Company 47 years ago in May, 1927, and retired June 1.

He entered the Company as an assistant voucher clerk and was promoted two years later to voucher clerk. The following year he moved to construction clerk and in 1941 became fixed capital analyst in Beaumont. In 1948, he was promoted to chief plant accounting clerk and became plant accountant in 1956. Ten years later he became director - tax accounting, and held that position to his retirement.



LEWIS HIGGINBOTTOM

Lewis Higginbottom, laborer, a 29-year employee at Louisiana Station in Baton Rouge, retired May 1. He joined the Company in July, 1945.



CEDRIC L. BLACKWELL

Cedric L. Blackwell, a native of Bogalusa and station supervisor at Louisiana Station, retired from the Company on July 1. He had been with the Company since 1934, when he was hired as an assistant fireman in Baton Rouge.

He was promoted to second fireman in 1941, and two years later, to turbine engineer. In 1943 he advanced to switchboard operator and from there to head fireman in 1946 and station engineer in 1949. He was then promoted to operating engineer at Louisiana Station on August 1, 1962.

Service Awards

40 YEARS

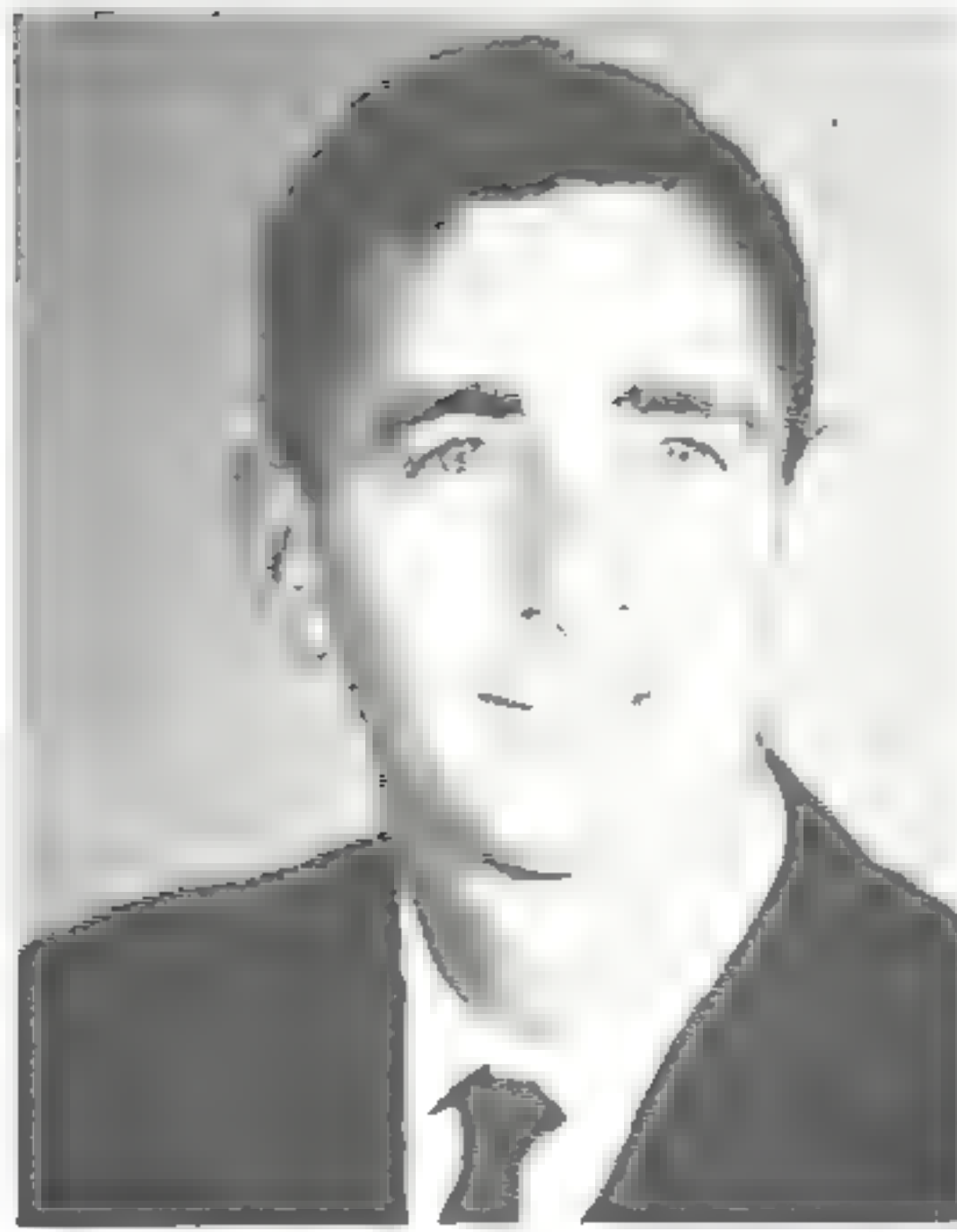


W. V. Faver, Jr.
Division Treasury
Beaumont

30 YEARS



Pedro Abad
Electric T&D Department
Navasota

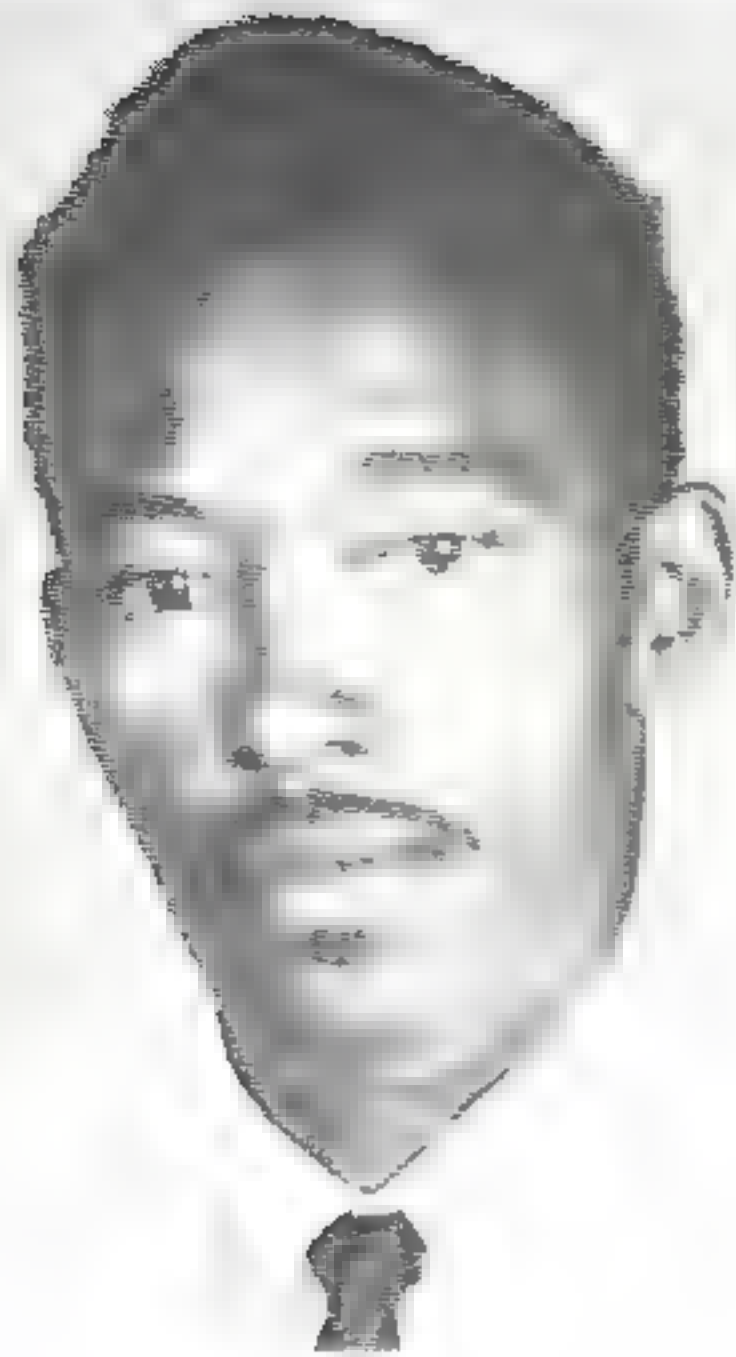


Joseph R. Braud
Electric T&D Department
Baton Rouge

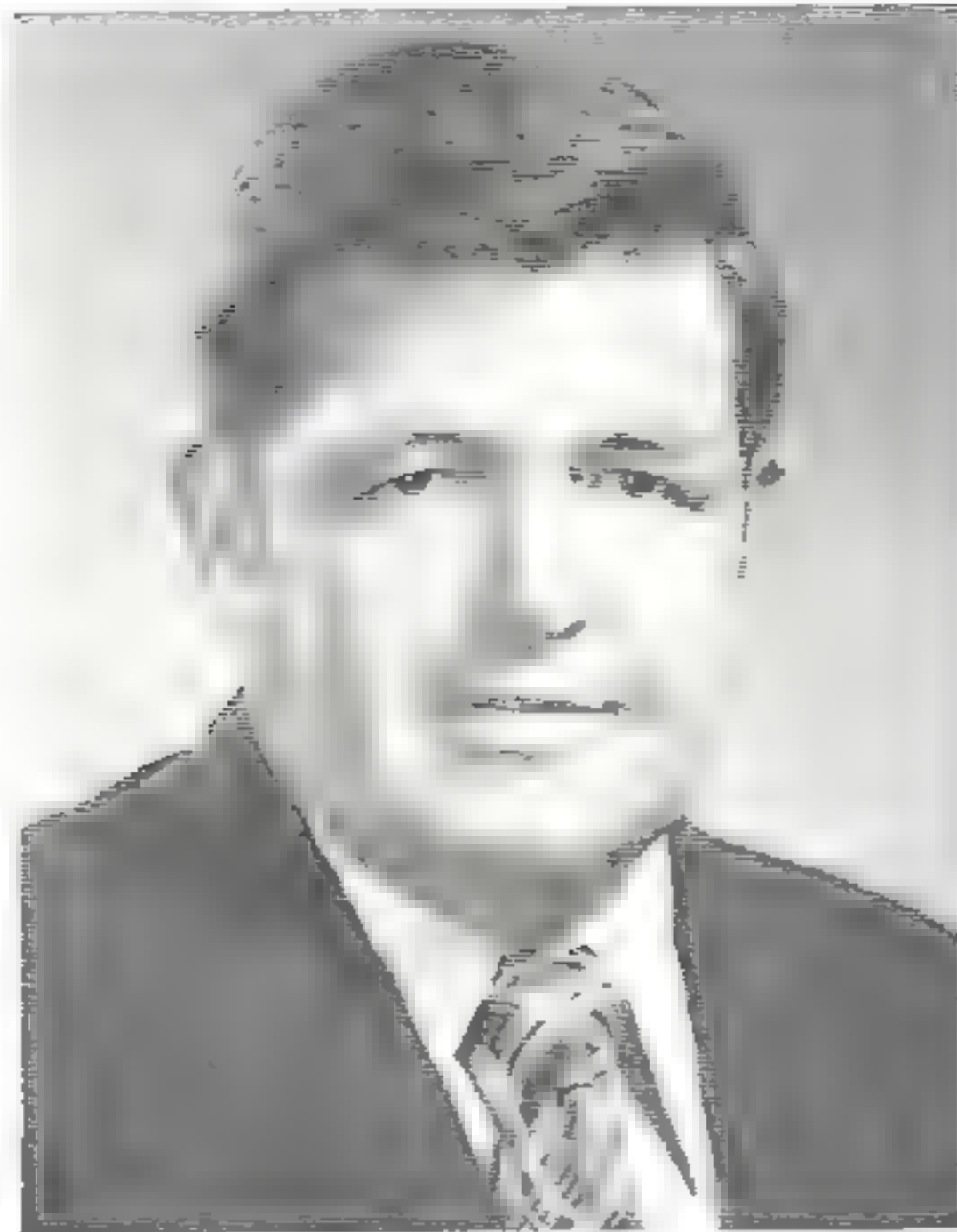


J. C. Phillips
Electric T&D Department
Beaumont

20 YEARS



Leroy F. Collins
Electric T&D Department
Baton Rouge



Basil B. Jackson
Electric T&D Department
Beaumont



Christopher C. Kador
Electric T&D Department
Baton Rouge

10 YEARS



Edward R. Barton
Electric T&D Department
Dayton



John H. C. Joseph
Division Production
Beaumont



Glenn A. Tarver
Division Treasury
Orange



Michael J. Yennie
Information & Data Services Department
Beaumont

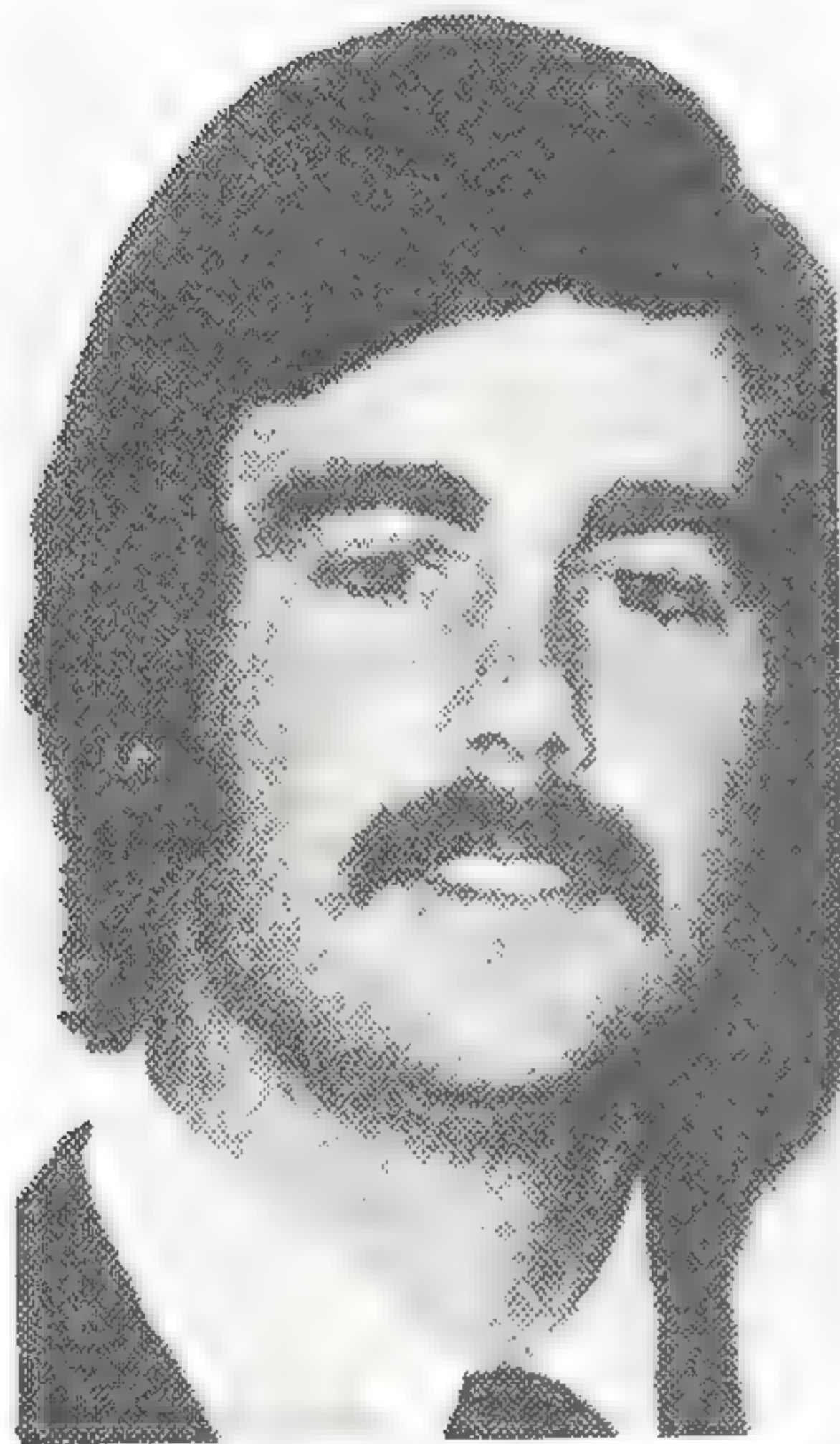
Across the System In a Coffee Cup

If you have any story you think is interesting and would like to see in PLAIN TALKS, just contact the reporter nearest you, and he (or she) will see that it gets to the editor. A complete list of the reporters and their location can be found on the first page of each Coffee Cup section.

Another happy new mother-to-be, below, receives farewell gifts from some of her many friends. D'Ann Shirks, former stenographer in the Baton Rouge Division Marketing Dept., has departed to have her first baby. Assisting D'Ann are, left, June Oliver and right, Nikki Gautreau, both of the Baton Rouge Treasury. (from Frank Jones)



Bryan Baker, being held here by his mother, Janice Baker, is the grandson of A. C. Smythe, Jr., right-of-way man at the Beaumont Service Center. Bryan is only seven-months old and already weigh 20 pounds. (From Carolyn Motl).



Jacques Blanchette, Colmesneil High senior and son of Val Blanchette, foreman in the Beaumont Line Department, won first place in the boys' prose reading, Class B competition, at the University Interscholastic League state meet held recently at Austin. Jacques has won first in district contests for four years and second, third and first in regional competitions. He was also named best actor in 1973 and 1974 in the district one-act play contests. (from Carolyn Motl)



If you have any news for "Plain Talks," simply send the information to one of the following local reporters. They will be happy to assist you in getting the material to the editor.

Reporters

BATON ROUGE: Margie Force (T&D), T. Boone Chaney (T&D), Melanie Hima (T&D), Jack Gautreaux (T&D), James W. Bello (T&D), Beverly Hull (Gas), Opal Temple (Acct.), Robert Graves (T&D), Susan Wilks.

BEAUMONT: Bill Toups (S.C.), Barbara Lindsey, Carolyn Motl (T&D), Ann Ogden, Edy Mathews, Linda Marks, Pat Bailey, Dorothy Nowell, Mary Lee Best, Carolyn Thaggard.

CALVERT: Betty Dowell.

CLEVELAND: Pat Jones, Edd Mitchell.

CONROE: Frances Elliot, Bobbie Burke.

DENHAM SPRINGS: Lenelle Juban.

GONZALES: Billie Fortenberry.

HUNTSVILLE: Karen Morley.

JENNINGS: Earl Mayfield.

LAFAYETTE: Bobbie Denais.

LAKE CHARLES: Johnnie Harris (T&D), Janet Followay.

LA. STATION: Leslie Jeansonne.

MADISONVILLE: Wanda H. Tinsley.

NAVASOTA: Betty Dickschat.

NECHES STATION: Gene Russell, Hazel Higginbotham.

NELSON STATION: Martha Caldwell.

NEW CANEY: Diana Winkelmann, Paul Mosley.

ORANGE: Doris Womack.

PORT ALLEN: Adele Vavasseur.

PORT ARTHUR: Sue Williams, Lorraine Dunham (S.C.).

SABINE STATION: Kathleen Fuller.

SILSBEE: Maxine Bell.

SOMERVILLE: Mary Brock.

SULPHUR: Pearl Burnett.

WILLOW GLEN: Dora Landaiche, James Veatch.

WOODVILLE: Alene Cole.

ZACHARY: Myra Kirby.

(Editor's Note: If any of the above reporters are no longer reporting or with the company, we would appreciate knowing about it. This holds true also if any reporter's name has been omitted.)



"Smile," says Stacie Pitman, daughter of Dennis and Peggy Pitman. Dennis is a Beaumont Division residential sales representative. (from Dorothy Nowell)



Barney Neal, front row, left, proudly displays the cake his fellow meter readers presented him to celebrate his transfer to the Engineering Dept. in the Western Division as an engineering helper. The cake, made by Mellic Segers (on his left), was very appropriate in that it was adorned with a house complete with meter and a meter reader standing in the grass nearby. Also pictured are, back row, left to right, Timothy White, Hutch Rhymes and Dwight Cole. (from Frances Elliot)



Bobbie Burke, senior stenographer in the Conroe T&D Department, was honored recently with a farewell party in the Conroe Auditorium. Bobbie is on leave of absence awaiting the arrival of a new addition to her family. L. J. Bodemann, operating superintendent, presented Bobbie with a yellow umbrella lined with money from Conroe and Navasota employees. Meter Foreman C. A. Estes presented Bobbie a \$25 Savings Bond, also as a gift from the Meter Department. (from Billie Schaefer)



ALL-STATER — Vicki Marshall, daughter of "Dude" Marshall, Records Management-Beaumont, has been selected to the All-State Volleyball team in Texas. Vicki has been a starter on the varsity squad for the past three years and named to the All-District Team for the past two years. Only a junior at French High, Vicki enters her senior year as a member of the varsity tennis and track teams as well, and has been named Captain of the 1974 Buffalo Belles Drill Team. (from Pat McMeel)

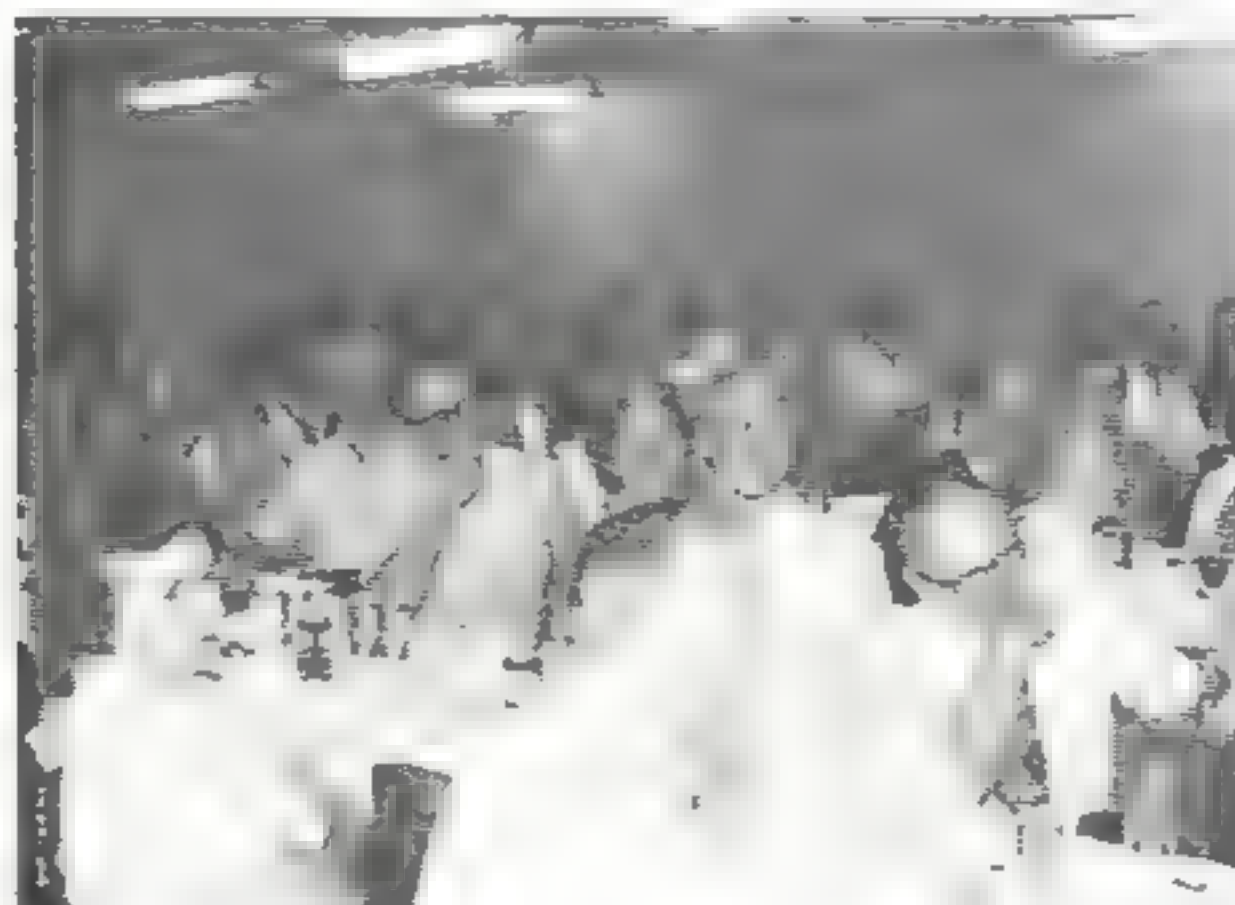
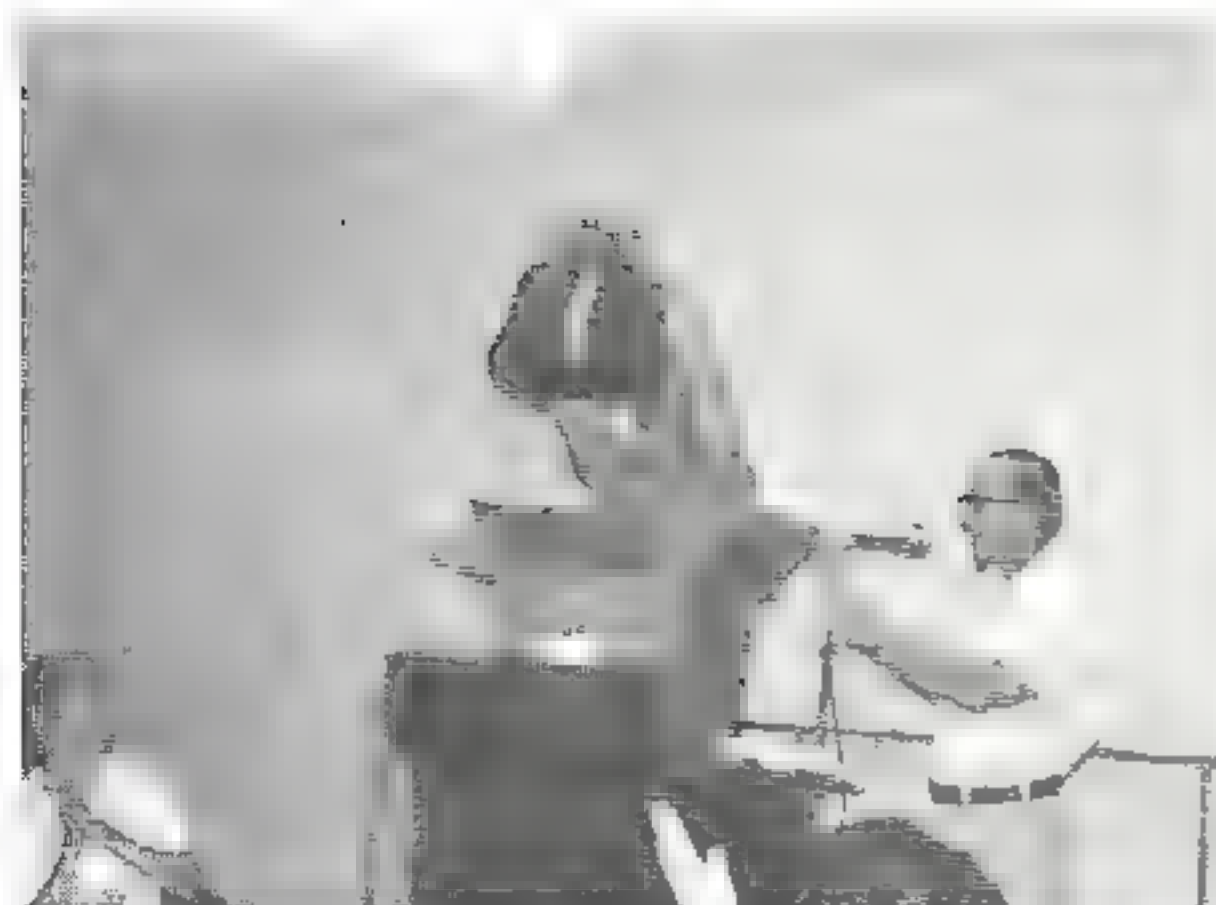


Pat Landry, 17-year-old son of Lafayette Utility Foreman John Landry, is a recent graduate of Teurlings Catholic High School and recipient of several awards. Included among Pat's many honors are those displayed here: trophy on left for the Most Valuable Baseball Player (batting average: .327); trophy on right for the Most Valuable Basketball Player (16.1 points-per-game average at guard position); plaque on right was for his selection to the All-District basketball team, the Daily Advertiser All-Parish team; and the plaque on left is for receiving the Greater Lafayette Chamber of Commerce Scholar-Athlete Award among the top ten of his class with a 3.76 grade average. Pat will attend the University of Southeastern Louisiana and plans to major in computer science. (from Bobbie Denais)



Friends of Sandran Guidry gave her a mock "going away" party on her last day as a departmental clerk in the Lake Charles T&D Engineering office. Sandy has been reclassified to engineering helper and began working on the survey crew April 29, 1974. Gifts included blue jeans, a hat, and a hammer to drive in survey stakes. The party was a surprise, but not nearly the surprise that she got in a phone call from Beaumont earlier in the week. She was asked by the Credit Department how she wanted to handle her car loan after she terminated her employment. This was a shock, because Sandy had no intention of leaving GSU. Upon investigation, it turned out there was another Sandra Guidry being processed that day. Much to Sandy's relief, everything was straightened out, and she now sports a fine suntan from surveying. (from Johnnie Harris)

The gigantic eight and one-half pound bass pictured here was caught by Gene Russell of Neches Station with an assist from honeymooner George Hayes, System Engineering. Holding the 26-inch bass is Gene's son Kevin, and he is assisted by brother Gregory. Gene said he caught the fish at Vernon Lake last April 9. Now he tells us! (from the Editor)



May 7 marked the retirement party for Bill Buckley, Beaumont System Treasury. As the picture indicates, a huge turnout was on hand at Beaumont's Neches Station to wish Bill farewell. His party gifts included a bowling ball and bag (proudly exhibited in the picture), a billfold filled with green and the first adding machine Bill used when he joined the Company. (from the Editor)

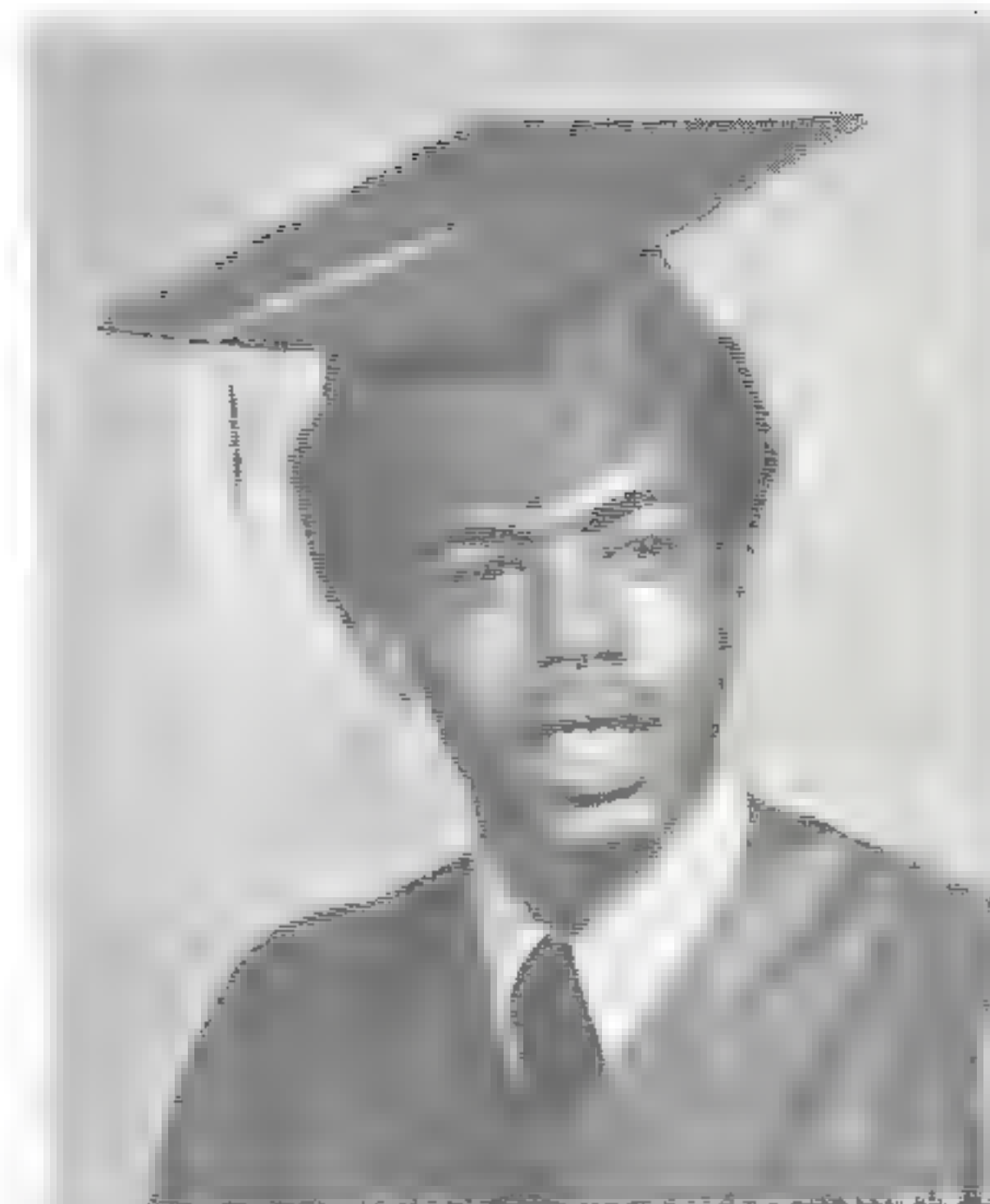


The two handsome young gentlemen pictured here are the sons of Greg and Carol O'Neal; Greg being an equipment operator at Sabine Station. On the left is big brother Scott, 2, and on the right is Brian, 6 months. (from Kathleen Fuller and Darlene Faires)



Pictured above is Pam Kingham, talented daughter of Mark W. Kingham, control operation foreman at Roy S. Nelson Station, Lake Charles. Pam is proudly displaying the beautiful trophy she won as the Outstanding Choral Member — Senior Year at LaGrange Senior High School. She has also won a 4-year academic scholarship to McNeese and a one-year vocal music scholarship, also to McNeese in Lake Charles. (from Martha Caldwell)

Shawn Christopher Hima is the two-month-young son of Melanie D. Hima, departmental clerk in the Baton Rouge Gas Department. Melanie says healthy Shawn weighed in at an even eight pounds on Feb. 27 and might make a pretty hefty football player soon. (from Melanie Hima)



Joseph S. Lopez, the proud young man pictured here, was recently graduated from Hebert High School with honors in Architectural Drawing. He plans to attend Lamar University and is the son of Joseph Lopez, retired from the Beaumont Mail Room. (from the Editor)



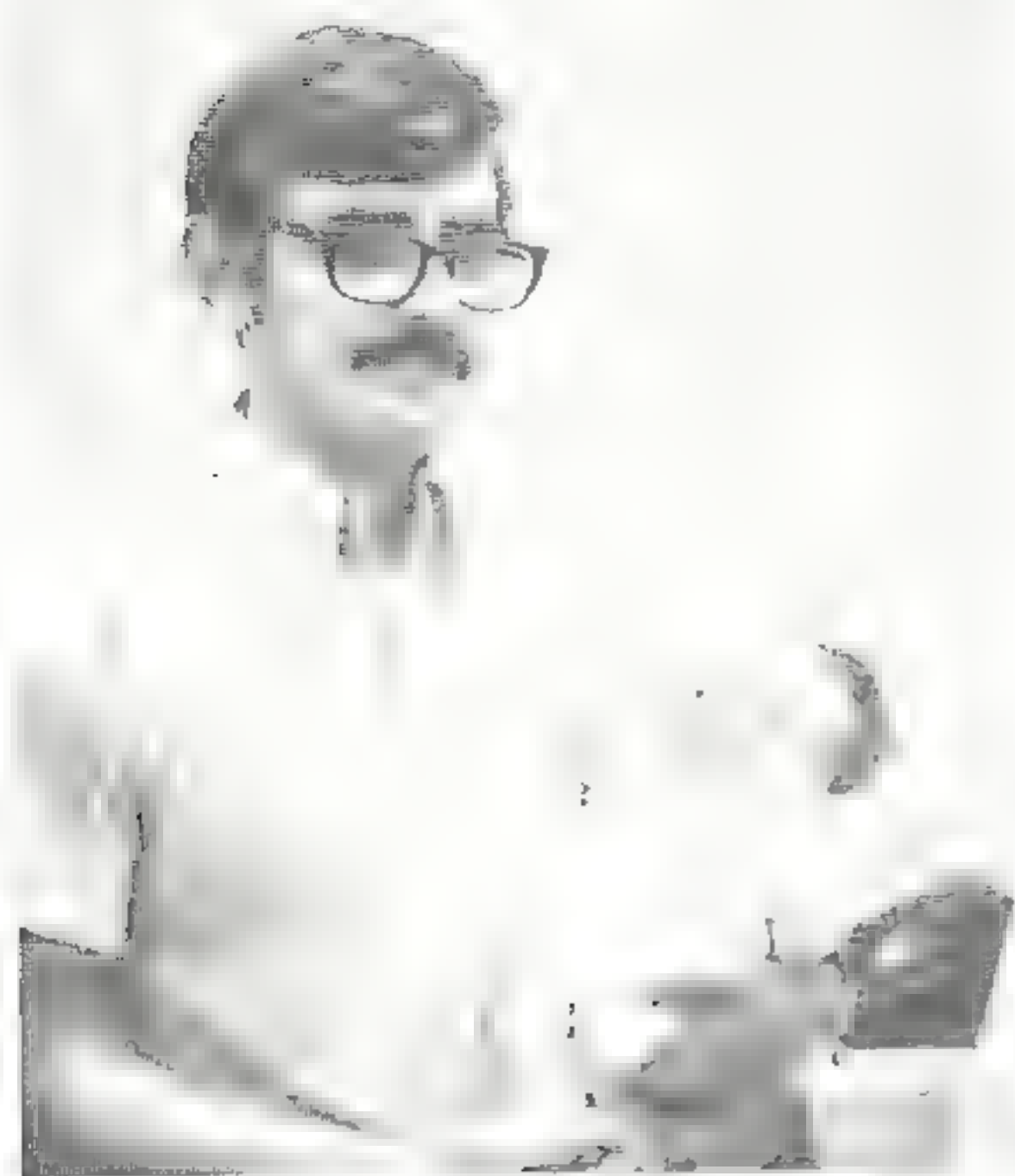
Employees of the Orange District surprised Ray Pace with a gift and party on his last day of work in the Orange District as sales supervisor before moving to Mid-County District as superintendent. Congratulating Ray, from left to right, are J. O. McCune and Reba Willey. (from Doris Womack)

The gigantic 17 and one-half pound catfish seen in the picture was caught by Atwood M. Royer, equipment operator at Nelson Station. He said he caught it in a small pond near Ragley, La. With a fish that big, how did it ever survive in a SMALL pond? (from Martha Caldwell)



Kristie Lynn Richardson, granddaughter of Joe Chaney (Beaumont Service Center right of way agent), celebrated her first birthday on April 3. The new tricycle she received for her birthday will surely keep "Paw-Paw" running. (from Carolyn Motl)

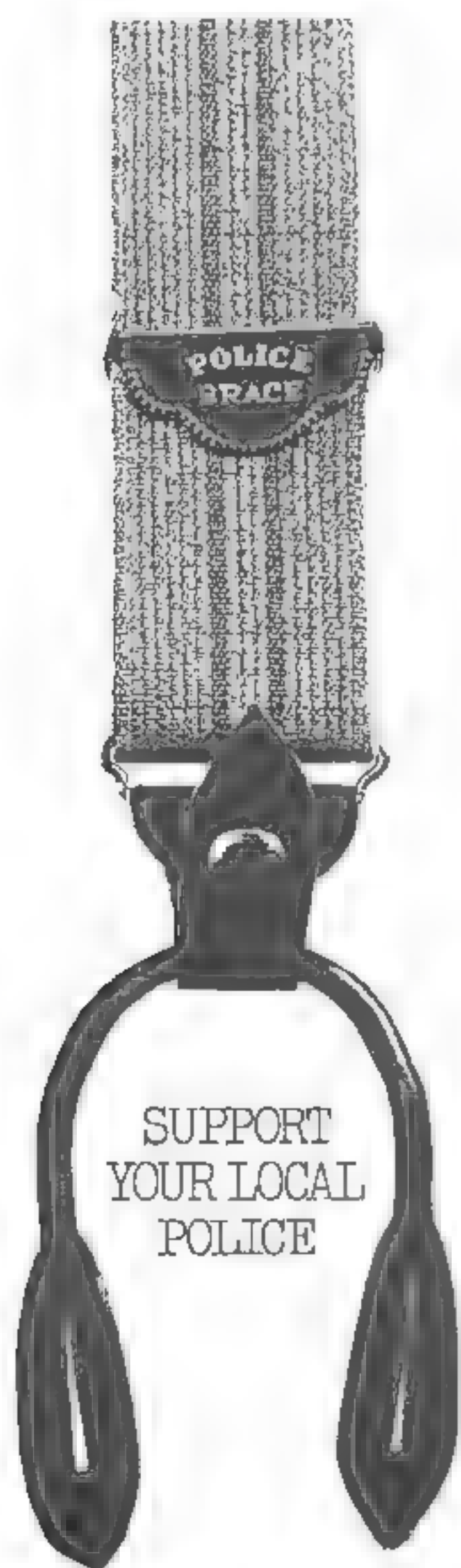
Mr. and Mrs. John Hamby had a nice Easter surprise on April 14 when young (would you believe NEW?) Susana Michele weighed-in at 7 pounds, 3 ounces. Susana came to see her dad "on-the-job" at the Beaumont Service Center at the ripe old age of three weeks. John is an engineering assistant at the Center. (from Carolyn Motl)



Willie J. Petzolt, a retired employee and resident of Navasota, is shown displaying the beautiful potato crop he has just recently harvested. The potatoes weighed-in at about a pound and a half each, which is quite a crop! (from the Editor)



This is Jessica Lynn Boudreaux, daughter of Mr. and Mrs. Bryan Boudreaux of Lake Charles. Grandfather A. J. Boudreaux is test foreman at Lake Charles' Nelson Station. (from Martha Caldwell)



Danny Puckett holds his certificate of induction into the National Honor Society recently at Nederland High School where he will be a senior this fall. Danny was one of three students recently chosen to attend the Southwestern Bell Science symposium at the Red Carpet Inn in Beaumont. Also, in University Interscholastic League Band Competition, he has received numerous awards and medals in Solo and Ensemble contests. Danny is the son of Dan Puckett, residential sales representative, Port Arthur. (from Sue Williams)





This cute little lady smiling "quick like a bunny" for the camera is Brandy Lee Williams. She's the eight-month-old daughter of Mr. and Mrs. James R. Williams. Father James is employed at the Beaumont Service Center. (from the Editor)

Tom Clark, Port Arthur sales supervisor, was photographed while cutting his birthday cake at a ceremony. Notice, please, there are only three candles on the cake. Tom still hasn't told anybody just exactly which birthday he was celebrating. (from the Editor)



Michael Scott Woodfield, the new grandson of Milton J. Pellerin, labor foreman, Port Arthur T&D Line Department, is being shown-off by his 4-year-old sister, Kristen Leigh. Michael was born April 12, to Mr. and Mrs. Dale E. Woodfield of Deer Park, Texas. (from Helen Powell)



A going away party was given Michael "Stanley" Durham, Friday, May 3, by his friends and co-workers in the Engineering Planning Department in Beaumont. Michael is leaving a 2-1/2 year tenure in the Engineering Planning Section to become a new Port Arthur Division engineer. Mike was given a Cross pen and pencil set for his going away gift. (from the Editor)



This beautiful mess of white bass and channel catfish was caught out of Lake Livingston by (left) Edd Mitchell, commercial sales representative and (right) T. J. Kinkins, senior engineering assistant in Cleveland. It makes one wonder whether the representative sold the idea to the fish or the engineer designed something new we should all find out about! (from Edd Mitchell)



Adam, the four-and-a-half month old son of Larry and Jenny Revia, came to visit his Daddy at the Beaumont Service center. Larry works as a dispatcher in the Service Department. (from Carolyn Motl)



SLICE COSTS!



WELCOME ABOARD

SYSTEM DEPARTMENTS

Information and Data Services

Holland, Isa, Beaumont, PBX Operator-IDS/Records
Dacus, Walterine L., Beaumont, Stenographer-IDS/Records
Herbst, Douglas C., Beaumont, Dept. Clerk-IDS/Records-Dupl
Smith, Mary E., Beaumont, Stenographer-IDS/Records

System Treasury

Colbert, Loyce F., Beaumont, Clerk-Sys Treas/Acctg-Order
Proc
Herzig, Mildred K., Beaumont, Clerk-Sys Treas/Mtrl Sys-
Overall
Scott, Mildred S., Beaumont, Clerk-Sys Treas/Mtrl Sys-Overall
Atwood, Wanda C., Beaumont, Clerk-Sys Treas/Actg-Accts
Pay

Quality Assurance

Peacock, Gwendolyn, Beaumont, Dept Clerk-Qual Assur/Over-
all
Nickson, Gwendolyn A., Beaumont, Dept Clerk-Qual Assur/
Overall

System Engineering

Welch, Douglas W., Beaumont, Engr Helper-Sys Eng Des/Rel
Des
Turnage, Valerie E., Beaumont, Dept Clerk-Sys Eng Des/DEC-
Drftg

BEAUMONT DIVISION

Production

Gremillion, Richard W., Beaumont, Laborer I-Neches Sta
Adams, William J., Beaumont, Laborer I-Neches Sta

Distribution

Roberts, Walter L., Jr., Beaumont, Laborer I-T&D/Substation
Sellers, Kenneth P., Beaumont, Laborer I-T&D/Garage
Buck, Gregory B., Beaumont, Laborer I-T&D/Line
Sells, Earlester C., Beaumont, Laborer I-T&D/Line
Walker, Rayfield, Beaumont, Engr Helper-T&D/Eng
Powell, Michael C., Orange, Helper-T&D Dept/Line
Hurles, David E., Beaumont, Laborer I-T&D/Garage
Robinson, Gregory, Dayton, Helper-T&D Dept/Line
Milton, Laorence, Orange, Helper-T&D Dept/Line

Treasury

Lazard, Wesley, Beaumont, Meter Reader
Langton, Johnny L., Beaumont, Meter Reader

PORT ARTHUR DIVISION

Production

Day, Joseph E., Jr., Port Arthur, Laborer I-Sabine Sta
Duval, Bonnie B., Bridge City, Equipment Operator-Sabine Sta

Distribution

Mosley, Charles, Port Arthur, Laborer I-T&D/Garage

WESTERN DIVISION

Distribution

Fisher, Lonnie C., Conroe, Laborer I-T&D/Line
Perry, Charles E., Conroe, Laborer I-T&D/Line

Treasury

White, Timothy A., Conroe, Meter Reader

BATON ROUGE DIVISION

Production

Couvillon, Janet S., Baton Rouge, Equipment Operator-
W/Glen Sta
Halker, Michael M., Baton Rouge, Mechanic Helper (Mech)
W/Glen Sta
Whitaker, Terry W., Baton Rouge, Mechanic Helper (Mech)
W/Glen Sta
Williams, Joyce B., Baton Rouge, Laborer I-La Sta
Hoyt, Michael W., Baton Rouge, Laborer I-La Sta

Gas Department

Jackson, James L., Baton Rouge, Laborer I-Gas Dept
Hart, Curtis L., Baton Rouge, Laborer I-Gas Dept

Distribution

Dotch, Albert A., Baton Rouge, Laborer I-T&D/Line
Gauthier, Malcolm A., Baton Rouge, Laborer I-T&D/Line
Bonneval, Ralph J., Baton Rouge, Laborer I-T&D/Line
Smith, Roy W., Jr., Baton Rouge, Laborer I-T&D/Line
Blount, Boyd C., Baton Rouge, Engr Helper-T&D/Eng
Wilks, Susan H., Baton Rouge, Engr Helper-T&D/Eng
Jackson, Samuel, Jr., Baton Rouge, Helper-T&D Dept/Line
Young, Brenda, Baton Rouge, Dept Clerk-T&D/Line

Treasury

Jordan, Maurice A., Baton Rouge, Meter Reader
Kent, Michael K., Baton Rouge, Meter Reader

LAKE CHARLES DIVISION

Distribution

Cornier, Linda M., Lake Charles, Dept Clerk-T&D/Service
Fontenot, Gary T., Lake Charles, Engr Helper-T&D/Eng

Production

Reed, Joseph D., Lake Charles, Laborer I-Nelson Sta

Treasury

Williams, Dianne M., Lafayette, Clerk-Cust Acctg
Papion, Marilyn C., Lake Charles, Clerk-Credit & Coll
Alfred, Mauline, Sulphur, Local Office Clerk-Div Treas

MANAGEMENT EMPLOYEES

Gregory, William T., III, Beaumont, Nuclear Staff Assistant Pow
Plant Constr
Goodwin, Margaret A., Beaumont, Dept Clerk-Personnel/Trng
-Educa
Hebert, Paul W., Beaumont, Dept Clerk-IDS/Records
Thane, Brenda S., Navasota, Dept Clerk-Elec T&D/Garage

MICROWAVE MAGIC

By Francine Dumigan and Frank Jones

A lot has been said about microwave ovens in the most recent past, both pro and con, so we decided to put a little information together and tell it like it is!

Microwave ovens are as safe as other household heating appliances. That sounds like a pretty definite statement, as it was intended to be. Our Home Service Department wouldn't endorse them as it does nor demonstrate them to kids in schools if it didn't know they are safe.

There are a lot of inherent values in microwave cooking, and we'd like to mention just a few here. One of the most obvious is, of course, it's an excellent energy saver. It operates on any properly grounded 115-120 volt circuit, and it can cook foods in up to 1/10 or less of normal cooking time! The oven can handle glass, plastic and paper containers, thus eliminating a lot of dirty pots and pans, and you can cook in your serving dishes and place the meal right on the table! A lot of people use their microwave ovens near or sometimes on the dining table. Some cook the meal right there over a little conversation, often serving one course at a time.

This little jewel will also accept cartons directly from the freezer, defrost the contents and cook it all in a jiffy! Talk about convenient and time-saving! It's great to reheat left-overs, TV dinners, quick casseroles and other easy to make dishes. For the woman (or man) who doesn't particularly like to slave over preparing a meal, this new invention can come in pretty handy!

The oven is cleaned with a damp cloth since nothing ever burns on the inside like in a conventional oven. The microwave oven produces no heat other than inside whatever is being cooked, thereby eliminating burned hands.

Here are some example foods and the length of time it takes to cook them in the microwave oven: Egg, 25 seconds; Bacon, 90 seconds; 1 Potato, 5 minutes; a 1-inch steak, 4 to 5 minutes! Can you beat that on a conventional oven?

This handy little piece of cookery can duplicate — and hasten — about 75% of most foods that would be cooked conventionally. It is not recommended for frying, broiling or baking products which increase in volume by incorporating air during cooking, i.e., cookies, some cakes and pie crusts. But for the most part, a person could depend on the new oven for a lot of his or her cooking needs.

As was mentioned earlier, the Home Service Department believes in and actually demonstrates the oven in schools and to civic groups. It has proved to be one of the most successful program ever incorporated by the Department. It receives at least 15 calls per week from customers requesting information, and it spends a lot of time teaching high school and college students the values of microwaves.

The advisors have done many in-store demonstrations with dealers and are helping to plan a course of instruction at Louisiana State University at Baton Rouge, centering around appliances which will include the new microwave oven.

Francine Dumigan, co-author of this article and new Baton Rouge Division home service advisor, assisted a University High School student with an Electric Awards project that won the student an honorable mention. (See feature story elsewhere in this issue.)

If you should have some questions which remain unanswered concerning microwave ovens, call your local home service advisor, and she'll get you some answers. If you are interested in obtaining an oven, you can get complete information on your local office sales floor, and they may be purchased on the Budget plan through the company.



Microwave Magic — This is just a sample of the good, quick cookery. Francine Dumigan, left, is assisting Roberta Lyles, student award winner.

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Consumer Scene



Maximizing Your Appliance Investment

Everyone expects a range to cook and a refrigerator to keep foods cold. But your home appliances probably can do a lot more than you appreciate to help you save time and work, and sometimes even money.

One of the nation's most experienced home economists, Helen Kirtland, manager of General Electric's Consumers Institute, offers these suggestions to help you maximize your appliance investment.

✓ If your automatic dishwasher doesn't have a "plate warmer" setting — usually found only on very top-of-the-line models — you can still use it as such, simply by advancing the cycle selector past the wash cycles to the dry portion of the cycle.

✓ That first cup of coffee in the morning is a life-saver for many homemakers, but you don't have to wait while the water comes to a boil. Using the timed outlet on most modern ranges, you can plug in a coffee-maker the night before and set the timer so that your coffee will be ready when you are in the morning.

✓ Most refrigerators sold today never need to be defrosted manually. However, since "no frost" operation involves constantly recirculating air, foods can dry out and become unappetizing. To keep left-overs in "eating trim," always cover them with wax paper or saran wrap.

✓ If you're one of the lucky ones who have a food freezer large enough to take advantage of supermarket specials, try freezing meats and poultry in meal-size packages. Then you won't have to thaw three pounds of ground beef, for example, when you only

need a half-dozen hamburgers for a meal.

Once meat or poultry becomes thawed, you should never refreeze it, Miss Kirtland points out; that doesn't mean you need to eat it now or toss it out, however. Simply cook the meat first, then you can freeze it for use at a later date.

✓ No matter how you wash that treasured cashmere sweater or other woollens, don't hesitate to dry them automatically. Miss Kirtland recommends pre-heating the dryer for five minutes with some turkish towels — then drying the woolen garment for no longer than 20 minutes. Always remove the garment while it is still damp and block it immediately.

Another dryer trick involves tumbling out wrinkles with the no-heat fluff setting. This can be effective for many fabrics, including even plush velvet, and can substantially reduce professional pressing costs.

✓ To keep your waste disposer sanitary and its cutting blades sharp, feed it an occasional tray of ice cubes. Bones will do the trick, too, unless you have a canine companion who has first priority on them.

You'll find other equally helpful suggestions in the Use and Care manuals provided with the appliance. If you've misplaced yours, a postcard to the manufacturer will generally bring you a replacement.

Many appliance makers such as General Electric also have staff home economists who can answer your "how to" questions. For GE and Hotpoint appliances, write Consumers Institute, Appliance Park, Louisville, Ky. 40225.